



Air Fryer Meat Mastery

A HEALTHIER WAY TO COOK
BEEF, PORK, AND LAMB

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Air Fryer Meat Mastery:

A Healthier Way to Cook Beef, Pork, and Lamb

Marissa Marie

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About this Book

This book has something in it for everyone. If you've just bought your new air-fryer and have no idea what it can do, this book is for you. If you have been using your air-fryer for a few years and are on the hunt for a few new advanced recipes, this book is for you too!

No two air fryers are same, unless they are the exact same model of the exact same brand. Air-fryers come in all shapes, sizes, and wattages. Depending on the size and wattage of your air-fryer, you might need to vary cooking times a little. Personally, I use a 3-quart air fryer and have written all the recipes accordingly. If you use a different air-fryer, don't worry. We will talk in detail about how you can convert cooking times if you have an air fryer of a different wattage and size.

There are no alternatives to practice and experience. If your air fryer is still new to you, you will need to work on it, and work with it to truly get a feel of it. When making a recipe for the first time, feel free to take out the drawer from time to time to check the progress of your cook

Introduction to Air Fryers

The sole purpose of technology is to make our lives easier. I'm always glad to see a good kitchen gadget come into the market that makes my life a little easier. The air fryer is definitely one of the most useful gadgets out there today.

When the air fryer first came into the market, It sounded a little too good to be true, and naturally, I was a little sceptical. When people around me started using it, I asked them about it, and they all seemed quite satisfied with their air fryers. Putting all my scepticism aside, I decided to but a fryer myself, and boy oh boy, did it change things for the better.

I've always been a huge fan of French fries. But, since I'm an old woman now, my doctors have been advising me against it for obvious reasons. If only I could enjoy those without all the additional oil... if only... Oh, wait... I can!

The fries don't even begin to scratch the surface of what an air-fryer is capable of, and that is why I have decided to publish the "Fry it with air" series. Each book will contain a specific genre of recipes that the air fryer can cook flawlessly. From heating leftovers to making an insanely delicious and nutritious recipe from scratch, the air-fryer has got it all!

Tips for Beginners

Air Frying Fundamentals

I'm sure you already know this, but since this is a book about air-frying, I will explain a little about how these appliances work.

As the name suggests, air fryers use scorching air to cook the food, giving results quite similar to deep frying or high temperature roasting.

Air-fryers actually work quite like the convention ovens. Normal ovens heat the air, but do nothing to blow it around. Convention ovens have a fan to blow the heated air around, resulting in a faster, and more even cook. And then come air fryers, which come in the shape of a compact cylinder instead of a box. The shape and size of the air-fryer allows for even more efficient circulation of the hot air, which cooks the food that is placed in a perforated basket. The result is food with a crunchy brown exterior and moist tender interior, just like a deep-fry, without all the surplus oil. Just one tablespoon of oil is all you usually need.

This also means that the air-fryer can also be used for tasks that have nothing to do with frying. They can be used to heat and cook anything. It is easily one of the most useful kitchen appliances available in the market today.

Health Benefits

By almost nullifying the fat used for the purpose of frying, the air fryer greatly reduces the amount of calories and trans fat in the resulting recipe. Instead of throwing all your food into a fryer full of oil, you just need to drizzle a little on the top of your food, and you're good to go!

Speed and Efficiency

The Air=fryer has a compact cylindrical shape that is ideal for hot air to spiral inside, making it much more energy efficient and faster than standard ovens. It pre-heats fast and there is negligible leakage/wastage of hot air. No wonder this appliance is so popular today.

Ease and Safety

The air-fryer is an electronic device and will regulate the temperature and time at the press of a few buttons. No need to insert the thermometer in there, and regulate the heat manually as we did in old times. Also, you will not be dealing with boiling hot oil.

Aesthetics

There is no doubt that the air fryers in the market today all look beautiful, and really add to the aesthetic of the kitchen. It is small and compact, doesn't require tons of oil. And doesn't cause much wastage and clutter. Air-frying is definitely the way to try if you like to keep things neat and tidy.

Versatility

Like I said before, an air fryer can be used to make a recipe from scratch, or to just heat some leftovers from the previous day. It can also be used to quickly toast nuts or bread cubes. The uses of the air fryer are only limited to your own imagination. Go wild, experiment, and see what more you can do with it!

Converting Recipes

Converting from Oven Recipes

You will come across quite a few recipes with instructions to cook using the oven. If you wish to use an air fryer instead, you will need to make a few adjustments. First of all, remember that an air fryer burns hotter than a standard oven. So, you will need to reduce the heat, and reduce the cooking time slightly. The rule of thumb is to keep the temperature by 25°F – 50°F lower than that suggested in the oven recipe, and cut the time by approximately one-fifth.

So, if a recipe required you to cooking at 300°F for 30 minutes, air-fry at 270°F for about 24 minutes. Also, ensure you flip the food over midway through the cooking time and open the drawer regularly to check on the food, to avoid overcooking.

Converting from Different Sized Air-Fryers

All air fryers are different, but the difference is very slight. Bigger air fryers with higher wattage tend to do the cooking slightly faster than their smaller counterparts, but the timer difference isn't that high. At most, you will need to cut cooking time by a couple of minutes if you're using a bigger air fryer. Luckily, air-fryers are flexible that way, and you can always take out the food and check for doneness. If in doubt, check for doneness regularly during the last 20 percent of the cooking time. Remember- undercooked stuff can always be cooked more, but overcooked food cannot be uncooked. Better safe than sorry.

General Tips for Air-Frying

Preparation

- The first thing to do it to put the air fryer on the perfect spot in your kitchen. Make sure the surface where you keep it is flat, sturdy, and level. Also ensure there is plenty of space in front of the air vent, which is usually on the back side of the fryer. At least 5 inches of space is recommended for the vent.
- Pre-heating your air-fryer before adding the food is important, just as we do for ovens. Set the air fryer to the temperature you need to cook on, and then turn on the heat for about two to three minutes. Easy.
- Kitchen spray bottles are you friends. Spraying oil on the food is easier and more efficient than drizzling and brushing. You can also use oil sprays in cans, but those can sometimes contain aerosol agents that can react with the non-stick surface of your air fryer basket. A hand-pumped kitchen spray bottle is my personal favourite way of spraying. They are cheap and plenty of them are readily available on amazon, so go check them out if you don't have one already.
- Take your breading seriously. Quite a few recipes in this book will require you to use breading. Make sure you do it carefully, and follow the procedure to the word, without skipping any steps. Flour comes first, followed by the egg, followed by breadcrumbs. Thoroughly press the breadcrumbs onto the food so that it sticks well. Remember that there is a lot of swirling hot air inside the air fryer, and we don't want any breadcrumbs to be blown away.
- Have the right tools of the trade on hand. If you have any oven safe dishes or cake pans on hand, they should work for the air fryer too. Just ensure they aren't too big for the fryer.
- Getting your cooking containers in and out of the air fryer basket can be a headache. This is where aluminium foil slings can come in handy. Make a couple of aluminium foil slings by folding an aluminium foil into a 2 x 24 inch rectangle. Look at the image to

get an idea of how these slings can be life savers. As you can see in the image below, you can easily put the cooking container on the aluminium strip and then lift it up using the ends of the strip to easily put it into the air fryer basket, and take it out just as easily.



During the Fry

When cooking fatty foods like bacon, it is advised to pour water into the drawer under the frying basket. If you don't do this, the fat in the food could become too hot and start to smoke.

Use toothpicks to hold down any light ingredients in your food that the air fryer fan could blow away. For example, if you're heating a sandwich, skewer it with a toothpick before you put it into the air fryer.

Know the limits of your air fryer. Depending on the size of your air fryer, there is a limit to how much food it is designed to cook. Putting more than the fryer can handle will result in an ununiformly cooked batch, and will take more time too.

Make sure you turn the food over, just like you would do while frying in a skillet. Turn the food when half way through the cooking time, to ensure it cooks and browns uniformly. If you cook something like French fries, you will do well to jiggle the basket once in a while to ensure the cook is even.

Use the fact that you can open the fryer anytime to check for doneness. The timer will pause for most of the air fryers out there when you do this, and resume the cook where it left off after you reinsert the basket into the fryer.

Spray your food with oil part way through the frying process. This will lead to a crisper, and uniformly cooked batch.

After you air-fry

Take the air fryer basket off the drawer before you move the cooked food to a plate. There is plenty of extra grease in the drawer that you don't want in your plate.

The residual juices in the drawer after a fry can be quite delicious for some of the recipes, and can be poured over the recipe as a sauce. If you wish, you can heat this grease over the stovetop to concentrate the flavour even further.

Sanitation is important. Clean the components of your air fryer regularly. The fryer basket and drawer should be cleaned after every cook. After cleaning, re-attach the drawer and basket, and turn on the fryer. It will dry itself within a couple of minutes.

Re-heating Food

The time it will take to reheat the food will depend on the food. Run your air-fryer at 350°F and heat your food to the temperature you want. Keep checking the temperature by opening the drawer if you're not sure how long it will take for the food to reach the desired temperature.

Frequently Encountered Problems and Solutions

- **Food is not getting crispy enough.** Try reducing the amount of food in the fryer, or try spraying more oil, or both.
- **There is white smoke coming from the air fryer.** This is usually caused when the grease in the food drains to the drawer and begins to burn. Always pour water into the drawer when you're about to cook a fatty food.
- **There is black smoke coming from the air fryer.** This usually happens when the food isn't fixed in place firmly, and some component of the food is blown by the fan onto the heating element, and then begins to burn, causing the smoke. Turn off the fryer and check the heating element.
- **The air fryer won't turn off.** This is done for your own safety. Allow the fryer to blow the hot air out the back for a few seconds and then try to open it. It should work. Patience is a virtue.

Know the Ingredients

All the ingredients this book calls for usually have a “default” version, unless otherwise stated.

- **Onions, Garlic and Carrots:** Always peeled, unless otherwise stated.
- **Potatoes:** Peel only if the recipe specifies “peeled potatoes”, otherwise use washed potatoes with the skin on.
- **Chicken:** with skin or skinless? Feel free to use any of these unless specified.
- **Breadcrumbs:** The kinds of breadcrumbs used in recipes are almost always specified. If not, feel free to use any kind you want.

Know Your Measurements

American cooks use standard containers, the 8-ounce cup and a tablespoon that takes exactly 16 level fillings to fill that cup level. Measuring by cup makes it very difficult to give weight equivalents, as the density plays an important role when it comes to weight. The easiest way therefore to deal with cup measurements in recipes is to take the amount by volume rather than by weight. Thus, the equation reads:

1 cup = 240ml = 8 fluid Ounces

$\frac{1}{2}$ cup = 120ml = 4 fluid ounces

It is possible to buy a set of American cup measures in major stores around the world.

In the States, butter is sometimes measured in sticks. One adhere is the equivalent of 8 tablespoons. One tablespoon of butter is therefore the equivalent to $\frac{1}{2}$ ounce/15 grams.

Liquid Measures

1 Teaspoon= 5 Millilitres

1 Tablespoon = 14 millilitres

2 Tablespoons= 1 Fluid Ounce

Solid Measures

1 Ounce= 28 Grams

16 Ounces= 1 Pound

BONUS CONTENT: Air-fried Snacks and Appetizers

Arancini with Sun-dried Tomatoes and Mozzarella



Yield: 6 Servings

Temperature Setting: 380°F

Cooking Time: 30 minutes (15 minutes per batch)

Ingredients:

- ¼ cup chopped oil-packed sun-dried tomatoes
- ¼ cup white wine or dry vermouth
- ⅓ cup grated Parmigiano-Reggiano cheese
- ½ small onion, finely chopped
- 1 cup Arborio rice
- 1 cup vegetable or chicken stock
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1½ cups Italian seasoned breadcrumbs, divided
- 1½ cups water
- 2 eggs, slightly beaten
- 2 to 3 ounces mozzarella cheese

- freshly ground black pepper
- marinara sauce, for serving
- olive oil

Directions:

1. Pre-heat a medium saucepan on moderate heat. Put in the olive oil and sauté the onion until it begins to become tender – about 5 minutes. Put in the rice and stir well to cover all the grains of rice. Put in the white wine or vermouth. Let this simmer and get absorbed by the rice. Then put in the stock and water, cover, reduce the heat to low and simmer for 20 minutes.
2. Taste the rice to ensure it is tender. Sprinkle with salt and freshly ground black pepper and mix in the grated Parmigiano-Reggiano cheese. Move the rice out onto a baking sheet to cool.
3. As the rice cools, cut the mozzarella into $\frac{3}{4}$ -inch cubes.
4. After the rice cools, mix the rice with the eggs, sun-dried tomatoes and $\frac{1}{2}$ cup of the breadcrumbs. Put the left over breadcrumbs in a shallow dish. Mould the rice mixture into 12 spheres. Make a hole in the rice ball using your finger and shove one or two cubes of mozzarella cheese into the hole. Mould the rice back into a ball, covering the cheese. Roll the finished rice balls in the breadcrumbs and put them on a baking sheet while you make the left over rice spheres. Spray the rice balls with olive oil.
5. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 380°F.
6. Cook 6 arancini at a time. Fry with air for 10 minutes. Gently flip the arancini over, brush or spray with oil again and air-fry for an additional 5 minutes. Serve warm, accompanied by the marinara sauce.

Beer Battered Onion Rings

An insanely delicious classis without all the fat!



Yield: 2 to 4 Servings

Temperature Setting: 360°F

Cooking Time: 16 minutes

Ingredients:

- ½ teaspoon baking soda
- ½ teaspoon freshly ground black pepper
- ⅔ cup flour
- ¾ cup beer (or try milk)
- 1 big Vidalia onion, peeled and sliced into ½-inch rings
- 1 egg, beaten

- 1 teaspoon paprika
- 1 teaspoon salt
- 1½ cups fine breadcrumbs
- vegetable oil

Directions:

1. Prepare a dredging station. Combine the flour, baking soda, paprika, salt and pepper together in a container. Pour in the beer, put in the egg and whisk till the desired smoothness is achieved . Put the breadcrumbs in a cake pan or shallow dish.
2. Divide the onion slices into individual rings. Immerse every onion ring into the batter using a fork. Pick the onion ring out of the batter and let any surplus batter drip off. Then put the onion ring in the breadcrumbs and jiggle the cake pan back and forth to cover the battered onion ring. Stroke the ring lightly using your hands to ensure the breadcrumbs adhere and that both sides of the ring are coated. Put the coated onion ring on a sheet pan and replicate the process with the remaining onion rings.
3. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 360°F.
4. Slightly spray the onion rings with oil, covering all 2 sides. Layer the onion rings in the air fryer basket, stacking them one over the other randomly.
5. Fry with air for 10 minutes at 360°F. Turn the onion rings over and rotate the onion rings from the bottom of the basket to the top. Fry with air for an additional 6 minutes.
6. Serve instantly accompanied by your favorite dipping sauce.

Blooming Onion

An absolutely spectacular recipe, and delicious to boot!



Yield: 4 Servings

Temperature Setting: 350°F

Cooking Time: 25 minutes

Ingredients:

- ¼ teaspoon ground cayenne pepper
- ½ cup milk
- ½ teaspoon freshly ground black pepper
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- 1 big Vidalia onion, peeled
- 1 cup flour
- 1 teaspoon salt
- 2 eggs

Dipping Sauce:

- ½ cup ketchup
- ½ cup mayonnaise
- ½ teaspoon ground cayenne pepper
- ½ teaspoon onion powder
- ½ teaspoon paprika

- 1 teaspoon Worcestershire sauce

Directions:

1. Chop off the top inch of the onion, leaving the root end of the onion undamaged. Put the now flat, stem end of the onion down on a cutting board with the root end facing up. Make 16 cuts around the onion, beginning with your knife tip ½-inch far from the root so that you never cut through the root. Start by making slices at 12, 3, 6 and 9 o'clock around the onion. Then make three cuts down the onion in between every one of the first four slices. Move the onion over, lightly separate the onion petals, and take out the loose pieces of onion in the center.
2. Mix the eggs and milk in a container. In a second container, mix the flour, salt, black pepper, cayenne pepper, paprika, and garlic powder.
3. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 350°F.
4. Put the onion cut side up into a third empty container. Sprinkle the flour mixture all over the onion to cover it and get in between the onion petals. Move the onion over to carefully jiggle off the surplus flour and then move the onion to the empty flour container, again cut side up.
5. Pour the egg mixture all over the onion to coat all the flour. Allow it to soak for 1 minute in the mixture. Cautiously take the onion out, tipping it upside down to drain off any surplus egg, and move it to the empty egg container, again cut side up.
6. Lastly, drizzle the flour mixture over the onion a second time, making sure the onion is thoroughly covered and all the petals have the flour mixture on them. Cautiously turn the onion over, jiggle off any surplus flour and move it to a plate or baking sheet. Spray the onion thoroughly using vegetable oil.
7. Move the onion, cut side up to the air fryer basket and air-fry for 25 minutes. The onion petals will open more fully as it cooks, so spray with more vegetable oil no less than twice during the cook.
8. As the onion cooks, prepare the dipping sauce by mixing all the dip ingredients and mixing thoroughly. Serve the Blooming Onion

instantly accompanied by dipping sauce on the side.

Buffalo Wings

Insanely delicious chicken wings without the oil!



Yield: 2 Servings

Temperature Setting: 400°F

Cooking Time: 22 minutes (10 minutes per batch plus 2 minutes)

Ingredients:

- ¼ cup hot sauce (like Crystal® or Frank's®)
- 2 pounds chicken wings
- 3 tablespoons butter, melted

Finishing Sauce:

- ¼ cup hot sauce (like Crystal® or Frank's®)
- 1 teaspoon Worcestershire sauce
- 3 tablespoons butter, melted

Directions:

1. Ready the chicken wings by chopping off the wing tips and disposing (or freezing for chicken stock). Separate the drumettes from the wingettes by cutting through the joint. Put the chicken wing pieces in a big container.
2. Mix the melted butter and the hot sauce and stir thoroughly until blended. Pour the marinade over the chicken wings, cover and allow the wings to marinate for 2 hours or up to overnight in the fridge.
3. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
4. Fry the wings with air in a couple of batches , cooking every batch for ten minutes , shaking the basket at half time. When both batches have finished cooking, move all the wings back into the basket for an additional 2 minutes to heat through and finish cooking.
5. As the wings fry, mix the left over 3 tablespoons of butter, ¼ cup of hot sauce and the Worcestershire sauce. Take the wings out of the air fryer, mix them with the finishing sauce and serve with a dip of your choice!

Charred Shishito Peppers

If you can't find Shishito Peppers in a store near you, buy some online! You will not regret it.



Yield: 4 Servings

Temperature Setting: 390°F

Cooking Time: 5 minutes

Ingredients:

- 1 lemon
- 1 teaspoon vegetable oil
- 20 shishito peppers (about 6 ounces)
- coarse sea salt

Directions:

1. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 390°F.
2. Toss to mix the shishito peppers with the oil and salt. Use a separate container, or the air fryer basket itself.
3. Fry with air with the temperature set to 390°F for 5 minutes, shaking the frying basket intermittently a couple of times as the cooking progresses.
4. Move the charred peppers out into a container. Drizzle with lemon juice and sprinkle with coarse salt.
5. Grab them by the stem and eat them as you would any finger food!

Cheesy Pigs in a Blanket

One of the most popular snacks in parties!



Yield: 4 to 6 Servings

Temperature Setting: 350°F

Cooking Time: 7 minutes

Ingredients:

- 1 (8-ounce) tube refrigerated crescent roll dough
- 24 cocktail size smoked sausages
- 6 slices deli-sliced Cheddar cheese, every cut into 8 rectangular pieces
- ketchup or mustard for dipping

Directions:

1. Unroll the crescent roll dough into one big sheet. If your crescent roll dough has perforated seams, pinch or roll all the perforated seams together. Cut the big sheet of dough into 4 rectangles. Then cut every rectangle into 6 pieces by making one slice along the length in the middle and 2 slices horizontally. You should have 24 pieces of dough.
2. Make a deep cut along the length down the center of the cocktail sausage. Fill two pieces of cheese into the slit in the sausage. Wrap one sausage with once pice of crescent dough. Pinch the seam together. Repeat with the left over sausages.
3. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 350°F.

4. Air-fry in 2 batches, placing the sausages seam side down in the basket. Fry with air for 7 minutes. Serve hot with your favourite sauce!

Cherry Chipotle BBQ Chicken Wings

Cherry chipotle BBQ sauce tastes insane on chicken wings!



Yield: 2 Servings

Temperature Setting: 400°F

Cooking Time: 22 minutes (10 minutes per batch plus 2 minutes)

Ingredients:

- ¼ cup tomato ketchup
- ⅓ cup cherry preserves
- ½ teaspoon chili powder

- ½ teaspoon dry mustard powder
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 1 teaspoon smoked paprika
- 1 to 2 tablespoons chopped chipotle peppers in adobo sauce
- 2 pounds chicken wings
- salt and freshly ground black pepper
- vegetable oil or spray

Directions:

1. Mix the first six ingredients in a big container. Prepare the chicken wings by chopping off the wing tips and disposing (or freezing for chicken stock). Separate the drumettes from the wingettes by cutting through the joint. Put the chicken wing pieces in the container with the spice mix. Shake Thoroughly to coat.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
3. Spray the wings slightly using the vegetable oil and air-fry the wings in a couple of batches , cooking every batch for ten minutes , shaking the basket at half time. When both batches have finished cooking, move all the wings back into the basket for an additional 2 minutes to heat through and finish cooking.
4. As the wings fry, mix the chopped chipotle peppers, cherry preserves and ketchup in a container.
5. Take the wings out of the air fryer, cover them with the cherry chipotle BBQ sauce and serve!

Crabby Fries

These are super popular in Philadelphia, and for good reason!

Yield: 2 to 3 Servings

Temperature Setting: 400°F

Cooking Time: 30 minutes

Ingredients:

- ½ cup grated white Cheddar cheese
- ½ teaspoon salt
- 1 tablespoon Old Bay® Seasoning
- 1 to 1½ cups milk
- 2 tablespoons butter
- 2 tablespoons flour
- 2 tablespoons vegetable oil
- 2 to 3 big russet potatoes, peeled and cut into ½-inch sticks
- freshly ground black pepper
- pinch of nutmeg

Directions:

1. Bring a big saucepan of salted water to a boil on the stovetop. Meanwhile, peel and cut the potatoes. Blanch the potatoes in the boiling salted water for 4 minutes, and in the meantime, pre-heat your air-fryer to 400°F. Strain the potatoes and wash them using cold water. Dry them thoroughly using a clean kitchen towel.
2. Toss to mix the dried potato sticks lightly with the oil and put them in the air fryer basket. Fry with air for 25 minutes, jiggling the basket intermittently while the fries cook to help them brown uniformly.
3. As the fries cook, melt the butter in a medium saucepan. Mix in the flour and cook for one minute. Slowly add 1 cup of milk, whisking constantly. Bring the mixture to a simmer and continue to whisk until it thickens. Remove the pan from the heat and mix in the Cheddar cheese. Put in a pinch of nutmeg and sprinkle with salt and freshly ground black pepper. Move the warm cheese

sauce to a serving dish. Thin with more milk if you want the sauce a little thinner.

4. Immediately after the french fries are done cooking move them to a big container and sprinkle them with the Old Bay® Seasoning. Put the fries back into the air-fryer basket and air-fry for another 3 to 5 minutes. Serve instantly with the warm white Cheddar cheese sauce.

Crispy Spiced Chickpeas

These are insanely delicious. No one can eat just one!



Yield: 2 to 4 Servings

Temperature Setting: 400°F

Cooking Time: 15 to 20 minutes

Ingredients:

- ⅛ teaspoon smoked paprika
- ¼ teaspoon ground cinnamon
- ½ teaspoon chili powder
- ½ teaspoon salt
- 1 (15-ounce) can chickpeas, drained (or 1½ cups cooked chickpeas)
- 1 tablespoon olive oil
- pinch ground cayenne pepper

Directions:

1. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
2. Dry the chickpeas thoroughly using a clean kitchen towel, rubbing off any loose skins as needed. Mix the spices in a small container. Toss to mix the chickpeas with the olive oil and then put in the spices and toss again.
3. Fry with air for 15 minutes, shaking the basket intermittently two or three times as the cooking progresses.
4. Check the chickpeas to see if they are crispy enough and if needed, air-fry for an additional 5 minutes to make them even more crisp. Serve warm, or cool to room temperature and store in an airtight container for up to 15 days.

Ham and Cheese Sandwich

Muenster cheese tastes insane with raisin bread and some ham!

Yield: 1 Servings

Temperature Setting: 370°F

Cooking Time: 10 minutes

Ingredients:

- 2 slices raisin bread
- 2 tablespoons butter, softened
- 2 teaspoons honey mustard
- 2 toothpicks
- 3 slices thinly sliced honey ham (about 3 ounces)
- 4 slices Muenster cheese (about 3 ounces)

Directions:

1. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 370°F.
2. Apply the softened butter on one side of both slices of raisin bread and put the bread, buttered side down on the counter. Apply the honey mustard on the other side of every slice of bread. Layer 2 slices of cheese, the ham and the left over 2 slices of cheese on one slice of bread and top with the other slice of bread. Make sure you leave the buttered side of the bread on the outside.
3. Move the sandwich to the air fryer basket and secure the sandwich using toothpicks.
4. Fry with air with the temperature set to 370°F for 5 minutes. Turn the sandwich over, remove the toothpicks and air-fry for an additional 5 minutes. Cut the sandwich in half and enjoy!!

Homemade French Fries

I've talked about my life for French fries already. Now it is time for me to show you how I like to cook them! This recipe has almost half the amount of calories conventional fries do.



Yield: 2 to 3 Servings

Temperature Setting: 400°F

Cooking Time: 25 minutes

Ingredients:

- 2 to 3 russet potatoes, peeled and cut into ½-inch sticks
- 2 to 3 teaspoons olive or vegetable oil
- salt

Directions:

1. Bring a big saucepan of salted water to a boil on the stovetop. Meanwhile, peel and cut the potatoes. Blanch the potatoes in the boiling salted water for 4 minutes, and in the meantime, pre-heat your air-fryer to 400°F. Strain the potatoes and wash them using cold water. Dry them thoroughly using a clean kitchen towel.
2. Toss to mix the dried potato sticks lightly with the oil and put them in the air fryer basket. Fry with air for 25 minutes, jiggling the basket intermittently while the fries cook to help them brown uniformly. Sprinkle the fries with salt at around half time and serve them warm, accompanied by tomato ketchup, Sriracha mayonnaise or a mix of lemon zest, Parmesan cheese and parsley. Delicious!

Honey-Mustard Chicken Wings

A sweet and spicy recipe! Feel free to sweeten or spice this recipe up to your taste!



Yield: 2 Servings

Temperature Setting: 400°F

Cooking Time: 24 minutes (10 minutes per batch plus 4 minutes)

Ingredients:

- ¼ cup honey
- ¼ cup spicy brown mustard
- 2 pounds chicken wings
- 2 tablespoons butter
- 2 teaspoons Worcestershire sauce

- pinch ground cayenne pepper
- salt and freshly ground black pepper

Directions:

1. Prepare the chicken wings by chopping off the wing tips and disposing (or freezing for chicken stock). Separate the drumettes from the wingettes by cutting through the joint. Put the chicken wing pieces in a big container.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
3. Sprinkle the wings with salt and freshly ground black pepper and air-fry the wings in a couple of batches , cooking every batch for ten minutes , shaking the basket half way through the cooking process.
4. As the wings fry, mix the left over ingredients in a small saucepan on low heat.
5. When both batches have finished cooking, move all the wings with the honey-mustard sauce and toss them all back into the basket for an additional 4 minutes to heat through and finish cooking. Give the basket a good jiggle part way through the cooking process to redistribute the wings. Take the wings out of the air fryer and serve.

Parmesan French Fries

Parmesan cheese can make French fries taste even better!



Yield: 2 to 3 Servings

Temperature Setting: 400°F

Cooking Time: 25 minutes

Ingredients:

- ½ teaspoon salt
- ¾ cup grated Parmesan cheese
- 1 teaspoon fresh chopped parsley
- 2 teaspoons vegetable or canola oil
- 2 to 3 big russet potatoes, peeled and cut into ½-inch sticks
- freshly ground black pepper

Directions:

1. Bring a big saucepan of salted water to a boil on the stovetop. Meanwhile, peel and cut the potatoes. Blanch the potatoes in the boiling salted water for 4 minutes, and in the meantime, pre-heat

your air-fryer to 400°F. Strain the potatoes and wash them using cold water. Dry them thoroughly using a clean kitchen towel.

2. Toss to mix the dried potato sticks lightly with the oil and put them in the air fryer basket. Fry with air for 25 minutes, jiggling the basket intermittently while the fries cook to help them brown uniformly.
3. Mix the Parmesan cheese, salt and pepper. With 2 minutes remaining on the air fryer cooking time, drizzle the fries with the Parmesan cheese mixture. Toss to mix the fries to cover them uniformly with the cheese mixture and carry on air-frying for the last 2 minutes, until the cheese has melted and just begins to brown. Drizzle the finished fries with chopped parsley, and a little more grated Parmesan cheese if you like, and serve.

Pita Chips with Spinach Dip

Pita chips and spinach dip are a deadly combo!

Yield: 6 to 8 Servings

Temperature Setting: 390°F

Cooking Time: 10 + 30 minutes

Ingredients:

Pita Chips:

- ½ teaspoon paprika
- 1 tablespoon olive oil
- 4 pita breads
- salt and freshly ground black pepper

Spinach Dip:

- ¼ cup grated Parmesan cheese
- ¼ teaspoon dried oregano
- ½ teaspoon garlic powder
- ½ teaspoon Italian sprinkleing
- ½ tomato, finely diced
- ¾ teaspoon salt
- 1 cup grated Fontina cheese
- 1 cup ricotta cheese
- 16 ounces frozen chopped spinach, thawed and squeezed dry
- 8 ounces cream cheese, softened at room temperature
- freshly ground black pepper

Directions:

1. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 390°F.
2. Split the pita breads open so you have 2 circles. Cut every circle into 8 wedges. Put all the wedges into a big container and toss with the olive oil. Sprinkle with the paprika, salt and pepper and toss to coat uniformly. Air-fry the pita triangles in a couple of batches for 5 minutes each, shaking the frying basket

intermittently a couple of times as the cooking progresses so they brown and crisp evenly.

3. Mix the cream cheese, ricotta cheese, Fontina cheese, Italian seasoning, garlic powder, salt and pepper in a big container. Fold in the spinach and mix thoroughly.
4. Move the spinach-cheese mixture to a 7-inch ceramic baking dish or cake pan. Sprinkle the Parmesan cheese on top and coat the dish using aluminium foil. Move the dish to the basket of the air fryer, letting the dish down into the basket using a sling made of aluminium foil as shown in the [General Tips for Air Frying](#) section. Fry with air for 30 minutes at 390°F. With 4 minutes remaining on the air fryer timer, take the foil off and allow the cheese to brown on top.
5. Sprinkle the diced tomato and oregano on the warm dip and serve instantly with the pita chips.

Popcorn Chicken Bites

The perfect recipe when you're looking for an easy snack!



Yield: 2 to 4 Servings

Temperature Setting: 380°F

Cooking Time: 16 minutes (8 minutes per batch)

Ingredients:

- ½ teaspoon salt
- 1 cup buttermilk
- 1 pound chicken breasts, cutlets or tenders
- 1 tablespoon butter, melted
- 2 tablespoons chopped fresh parsley
- 3 to 6 dashes hot sauce (optional)
- 8 cups cornflakes (or 2 cups cornflake crumbs)

Directions:

1. Chop the chicken up into bite-sized pieces (approximately 1-inch) and put them in a container with the buttermilk and hot sauce (if using). Cover and allow the chicken to marinate in the buttermilk for 1 to 3 hours in the fridge.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 380°F.
3. Crush the cornflakes into small crumbs by hand, or a rolling pin, or a food processor. Put the crumbs in a container, put in the salt, melted butter and parsley and mix thoroughly. Working in batches, take the chicken out of the buttermilk marinade, allowing any surplus drip off and move the chicken to the cornflakes. Toss to mix the chicken pieces in the cornflake mixture to coat uniformly, pushing the crumbs onto the chicken.
4. Air-fry the chicken in a couple of batches , cooking every batch for 8 minutes, shaking the basket at half time. Re-heat the first batch with the second batch for 2 minutes if you wish.
5. Serve the popcorn chicken bites warm, accompanied by BBQ sauce or honey mustard for dipping.

Pork Pot Stickers with Sauce

Feel free to substitute the pork with any meat, or vegetable!



Yield: 48

Temperature Setting: 400°F

Cooking Time: 24 minutes (8 minutes per batch)

Ingredients:

- ¼ cup hoisin sauce
- ¼ cup shredded carrot
- ½ cup finely chopped water chestnuts
- 1 pound ground pork
- 1 tablespoon sesame oil
- 1 tablespoon vegetable oil
- 2 cups shredded green cabbage
- 2 tablespoons soy sauce
- 2 teaspoons minced fresh ginger
- 3 scallions, minced
- 48 round dumpling wrappers (or wonton wrappers with the corners cut off to make them round)
- freshly ground black pepper
- soy sauce, for serving

Sauce:

- ¼ teaspoon garlic powder
- ¼ teaspoon ground cayenne pepper

- 1 teaspoon soy sauce
- 1½ cups mayonnaise
- 1½ teaspoons paprika
- 2 tablespoons ketchup
- 2 tablespoons sugar
- 3 tablespoons rice vinegar

Directions:

1. Pre-heat a big sauté pan on moderate-high heat. Put in the ground pork and brown for a few minutes. Transfer the cooked pork to a container using a slotted spoon and dispose the fat from the pan. Put the cooked pork back into the sauté pan and put in the cabbage, carrots and water chestnuts. Sauté for 1 minute and then put in the fresh ginger, hoisin sauce, soy sauce, sesame oil, and freshly ground black pepper. Sauté for a few more minutes, just until cabbage and carrots are tender. Then mix in the scallions and move the pork filling to a container to cool.
2. Make the pot stickers in batches of 12. Put 12 dumpling wrappers on a flat surface. Brush a little water around the perimeter of the wrappers. Put a rounded teaspoon of the filling into the center of every wrapper. Fold the wrapper over the filling, bringing the edges together to make a half moon, sticking the edges shut. Spray a little more water on the top surface of the sealed edge of the pot sticker. Form pleats in the dough around the sealed edge by pinching the dough and folding the edge over on itself. You should have about 5 to 6 pleats in the dough. Replicate the process until you have 48 pot stickers. Freeze the pot stickers for 2 hours (or as long as 3 weeks in an airtight container).
3. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
4. Air-fry the pot stickers in batches of 16. Brush or spray the pot stickers using vegetable oil just before putting them in the air fryer basket. Fry with air for 8 minutes, turning the pot stickers once or twice during the cooking process.
5. As the pot stickers cook, mix all the ingredients for the sauce in a container. Serve the pot stickers warm, accompanied by the sauce

and soy sauce for dipping.

Potato Chips

Potato Chips taste delicious with Sour Cream and Onion Dip!



Yield: 2 to 4 Servings

Temperature Setting: 300°F

Cooking Time: 15 to 20 minutes

Ingredients:

- ¼ teaspoon salt
- ½ cup sour cream
- 1 tablespoon olive oil
- 2 big potatoes (Yukon Gold or russet)
- 2 scallions, white part only minced
- a squeeze of lemon juice (about ¼ teaspoon)
- freshly ground black pepper
- sea salt and freshly ground black pepper
- Sour Cream and Onion Dip:
- vegetable or olive oil in a spray bottle

Directions:

1. Rinse the potatoes thoroughly, leaving the skins on. Chop them, into 1/8-inch thin slices, using a mandolin or food processor. Wash the potatoes under cool water until the water runs clear and then allow them to soak in a container of cool water for no less than 10 minutes. Drain and dry the potato slices thoroughly in a single layer on a clean kitchen towel.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 300°F. Spray the potato chips with the oil so that both sides are uniformly coated, or rub the slices between your hands with some oil if you don't have a spray bottle.
3. Air-fry in a couple of batches at 300°F for 15 to 20 minutes, jiggling the basket intermittently during the cooking process so the chips crisp and brown more evenly. Sprinkle the finished chips with sea salt and freshly ground black pepper while they are still hot.
4. As the chips air-fry, make the sour cream and onion dip by blending together the sour cream, olive oil, scallions, salt, pepper and lemon juice. Serve the chips warm or at room temperature along with the dip.

Poutine

The Canadian version of French fries! Enjoy them with a fork!



Yield: 2 Servings

Temperature Setting: 400°F

Cooking Time: 25 minutes

Ingredients:

- ¼ onion, minced (about ¼ cup)
- ¼ teaspoon dried thyme
- ⅔ cup chopped string cheese or cheese curds
- 1 clove garlic, smashed
- 1 teaspoon tomato paste
- 1½ cups strong beef stock
- 2 russet potatoes, scrubbed and cut into ½-inch sticks
- 2 tablespoons butter
- 2 teaspoons vegetable oil
- 3 tablespoons flour
- a few dashes of Worcestershire sauce
- salt and lots of freshly ground black pepper

Directions:

1. Bring a big saucepan of salted water to a boil on the stovetop. Meanwhile, peel and cut the potatoes. Blanch the potatoes in the

boiling salted water for 4 minutes, and in the meantime, pre-heat your air-fryer to 400°F. Strain the potatoes and wash them using cold water. Dry them thoroughly using a clean kitchen towel.

2. Toss to mix the dried potato sticks lightly with the oil and put them in the air fryer basket. Fry with air for 25 minutes, jiggling the basket intermittently while the fries cook to help them brown uniformly.
3. As the fries cook, make the gravy. Melt the butter in a small saucepan on moderate heat. Put in the onion, garlic and thyme and cook for 5 minutes, until tender and just beginning to brown. Mix in the flour and cook for an additional two minutes, stirring often. Lastly, put in the tomato paste and keep cooking for an additional minute or two. Mix in the beef stock and bring the mixture to a boil to make it thick. Sprinkle with salt, lots of freshly ground black pepper and a few dashes of Worcestershire sauce. Keep the gravy warm.
4. Immediately after the fries are done, sprinkle them with salt and move to a plate or basket. Top the fries with the cheese curds or string cheese, and ladle the warm gravy on top. Enjoy with a fork!

Shrimp Egg Rolls

Shrimp is an American favourite. Enjoy these with duck sauce, or any other sauce you prefer!



Yield: 8

Temperature Setting: 370°F

Cooking Time: 20 minutes (10 minutes per batch)

Ingredients:

- ¼ cup hoisin sauce
- ¼ cup scallions
- ½ head green or savoy cabbage, finely shredded
- ½ teaspoon sugar
- 1 cup canned bean sprouts, drained
- 1 cup shredded carrots
- 1 pound cooked shrimp, diced
- 1 tablespoon soy sauce
- 1 tablespoon vegetable oil
- 1 teaspoon sesame oil
- 8 egg roll wrappers
- duck sauce
- freshly ground black pepper

- vegetable oil

Directions:

1. Pre-heat a big sauté pan on moderate-high heat. Put in the oil and cook the cabbage, carrots and bean sprouts until they start to wilt – about 3 minutes. Put in the soy sauce, sugar, sesame oil, hoisin sauce and black pepper. Sauté for a few more minutes. Mix in the shrimp and scallions and cook until the vegetables are just tender. Move the mixture to a colander in a container to cool. Press or squeeze out any surplus water from the filling so that you don't end up with soggy egg rolls.
2. To make the egg rolls, put the egg roll wrappers on a flat surface with one of the points facing towards you so they look like diamonds. Dividing the filling uniformly between the eight wrappers, spoon the mixture onto the center of the egg roll wrappers. Apply the filling across the center of the wrappers from the left corner to the right corner, but leave 2 inches from every corner empty. Brush the empty sides of the wrapper with a little water. Fold the bottom corner of the wrapper tightly up over the filling, without making any air pockets. Fold the left corner in towards the center and then the right corner toward the center. It should now seem like an envelope. Firmly roll the egg roll from the bottom to the top open corner. Press to secure the egg roll together, spraying with a little extra water if need be. Replicate this process with all 8 egg rolls.
3. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 370°F.
4. Spray or brush all sides of the egg rolls using vegetable oil. Air-fry four egg rolls at a time for 10 minutes, turning them over halfway through the cooking time.
5. Serve hot with duck sauce or your favorite dipping sauce.

Slender Fries

These sleek fries have a slightly different procedure to cook.



Yield: 2 Servings

Temperature Setting: 380°F

Cooking Time: 30 minutes (15 minutes per batch)

Ingredients:

- 2 to 3 russet potatoes, peeled and cut into ¼-inch sticks
- 2 to 3 teaspoons olive or vegetable oil
- salt

Directions:

1. Slice the potatoes into ¼-inch strips. (Use a mandolin with a julienne blade if you have one). Wash the potatoes using cold water multiple times and allow them to soak in cool water for no less than 10 minutes or up to 12 hours.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 380°F.
3. Drain and dry the potato sticks thoroughly, with the help of a clean kitchen towel. Toss to mix the fries with the oil in a container and then air-fry the fries in a couple of batches at 380°F for 15 minutes, shaking the basket intermittently two or three times as the cooking progresses.
4. Put the first batch of French fries back into the air fryer basket with the finishing batch and allow everything to get warm for a few minutes. Immediately after the fries are done, sprinkle them with salt and move to a plate or basket. Serve them warm, accompanied by ketchup or your favorite dip.

Spanakopita

Phyllo dough dries out easily, so make sure to keep the dough you're not using covered!

Yield: Servings 8 to 10

Temperature Setting: 350°F

Cooking Time: 30 minutes (10 minutes per batch)

Ingredients:

- ⅛ teaspoon ground nutmeg
- ¼ cup grated Parmesan cheese
- ¼ cup pine nuts, toasted
- ½ (10-ounce) package frozen spinach, thawed and squeezed dry (approximately 1 cup)
- ½ cup butter, melted
- ½ teaspoon salt
- ¾ cup crumbled feta cheese
- 1 egg, slightly beaten
- 6 sheets phyllo dough
- freshly ground black pepper

Directions:

1. Mix the spinach, cheeses, pine nuts, nutmeg and egg in a container. Sprinkle with salt and freshly ground black pepper.
2. As you build the phyllo triangles, always keep the dough sheets you are not working with coated with plastic wrap and a damp clean kitchen towel. Take off one sheet of the phyllo and put it on a flat surface. Grease the phyllo sheet with melted butter and then layer another sheet of phyllo on top. Grease the second sheet of phyllo with butter. Cut the layered phyllo sheets into 6 strips, about 2½- to 3-inches wide.
3. Put a heaping tablespoon of the spinach filling at the end of every strip of dough. Fold the bottom right corner of the strip over the filling towards the left edge of the strip to create a triangle. Carry on folding the phyllo dough around the spinach as, making

triangle after triangle. Grease the outside of the phyllo triangle with more melted butter and save it for later until you've finished the 6 strips of dough, making 6 triangles.

4. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 350°F.
5. Move the first six phyllo triangles to the air fryer basket and air-fry for 5 minutes. Move the triangles over and air-fry for an additional 5 minutes.
6. As the first batch of triangles air-fries, build another set of triangles and repeat. You will cook 3 batches in all.

Spicy Nuts

These are great to nibble on. These also go great with beer!



Yield: 3 cups

Temperature Setting: 300°F

Cooking Time: 25 minutes

Ingredients:

- ¼ cup sugar
- ¼ teaspoon ground allspice
- ¼ teaspoon ground cloves
- ½ teaspoon ground cinnamon
- 1 cup almonds
- 1 cup cashews
- 1 cup pecan halves
- 1 egg white, slightly beaten
- 1 teaspoon salt
- pinch ground cayenne pepper

Directions:

1. Mix the egg white with the sugar and spices in a container.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 300°F.
3. Spray or brush the air fryer basket using vegetable oil. Toss to mix the nuts together in the spiced egg white and move the nuts to the air fryer basket.

4. Fry with air for 25 minutes, stirring the nuts in the basket a few times during the cooking process. Taste the nuts (carefully because they will be very hot) to see if they are crunchy and nicely toasted. Fry with air for a few more minutes if needed.
5. Serve warm or cool to room temperature and store in an airtight container for up to 15 days.

Wonton Chips with Crab Rangoon Dip

The classic, insanely delicious combo!



Yield: 6 to 10 Servings

Temperature Setting: 370°F

Cooking Time: 10 + 16 minutes

Ingredients:

Wonton Chips:

- 1 (12-ounce) package wonton wrappers
- sea salt
- vegetable oil

Crab Rangoon Dip:

- ⅛ teaspoon ground cayenne pepper
- ¼ teaspoon salt
- ⅓ cup chopped scallions
- ¾ cup sour cream
- 1 cup grated white Cheddar cheese
- 1 teaspoon sesame oil
- 1 teaspoon Worcestershire sauce
- 1½ teaspoons soy sauce

- 8 ounces cooked crabmeat
- 8 ounces cream cheese, softened
- freshly ground black pepper
- paprika (for garnish)

Directions:

1. Slice the wonton wrappers in half along the diagonal to make triangles. Working in batches, lay the wonton triangles on a flat surface and coat both sides using vegetable oil.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 370°F.
3. Put approximately 10 to 12 wonton triangles in the air fryer basket, allowing them overlap slightly. Fry with air for just 2 minutes, shaking the basket halfway through the cooking time. Move the wonton chips to a big container and sprinkle instantly with sea salt. (You'll hear the chips start to spin around in the air fryer when they are almost done.) Repeat with the rest of wontons (keeping those fishing hands at bay!).
4. To make the dip, mix the cream cheese, sour cream, Worcestershire sauce, soy sauce, sesame oil, cayenne pepper, salt, and freshly ground black pepper in a container. Combine well and then fold in the crabmeat, Cheddar cheese, and scallions.
5. Move the dip to a 7-inch ceramic baking pan or shallow casserole dish. Sprinkle paprika on top and cover the dish using aluminium foil. Lower the dish into the air fryer basket using a sling made of aluminium foil (fold a piece of aluminium foil into a strip about 2-inches wide by 24-inches long). Fry with air for 11 minutes. Remove the aluminium foil and air-fry for an additional 5 minutes to finish cooking and brown the top. Serve hot with the wonton chips.

Zucchini Fries with Roasted Garlic Aioli

If you're bored of potato fries, these are the fries to try!



Yield: 4 Servings

Temperature Setting: 400°F

Cooking Time: 12 minutes

Ingredients:

Roasted Garlic Aioli:

- ½ cup mayonnaise
- 1 teaspoon roasted garlic
- 2 tablespoons olive oil
- juice of ½ lemon
- salt and pepper

Zucchini Fries:

- ½ cup flour
- 1 big zucchini, cut into ½-inch sticks
- 1 cup seasoned breadcrumbs
- 2 eggs, beaten
- olive oil in a spray bottle, can or mister
- salt and pepper

Directions:

1. To make the aioli, mix the roasted garlic, mayonnaise, olive oil and lemon juice in a container and whisk well. Sprinkle the aioli with salt and pepper to taste.
2. Prepare the zucchini fries. Prepare your dredging station with three shallow dishes. Put the flour in the first shallow dish and sprinkle well with salt and freshly ground black pepper. Add the beaten eggs to the second shallow dish. In the third shallow dish, mix the breadcrumbs, salt and pepper. Coat the zucchini sticks, coating with flour first, then immersing them into the eggs to cover completely, and finally shaking with breadcrumbs. Jiggle the dish with the breadcrumbs and pat the crumbs onto the zucchini sticks lightly using your hands so they adhere evenly.
3. Put the zucchini fries on a flat surface and allow them to sit for no less than 10 minutes before air-frying to let them dry out a little.
4. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
5. Spray the zucchini sticks with olive oil, and put them into the air fryer basket. Make two layers of the fries in the basket, with one layer perpendicular to the other. Fry with air for 12 minute, jiggling the frying basket a couple of times during the cook. Spray with a little more oil when you open the basket to jiggle it.
6. Serve zucchini fries warm, accompanied by the roasted garlic aioli.

BONUS CONTENT: Breads and Breakfast

All-in-One Breakfast Toast

Yield: 1 Servings

Temperature Setting: 400°F/380°F

Cooking Time: 3 + 7 minutes

Ingredients:

- ¼ cup grated Colby or Jack cheese
- 1 egg
- 1 slice of 1-inch thick bread (such as Texas Toast or hand-sliced bread)
- 1 strip of bacon, diced
- 1 tablespoon softened butter (optional)
- salt and freshly ground black pepper

Directions:

1. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
2. Air-fry the bacon for 3 minutes, shaking the frying basket intermittently a couple of times while it cooks. Remove the bacon to a paper towel lined plate and set aside.
3. Use a sharp paring knife to score a big circle in the middle of the slice of bread, cutting halfway through, but not all the way through to the cutting board. Press down on the circle in the center of the bread slice to create an indentation. If using, spread the softened butter on the edges and in the hole of the bread.
4. Move the slice of bread, hole side up, to the air fryer basket. Crack the egg into the center of the bread, and sprinkle with salt and pepper.
5. Fry with air with the temperature set to 380°F for 5 minutes. Sprinkle the grated cheese around the edges of the bread leaving

the center of the yolk uncovered, and top with the cooked bacon. Press the cheese and bacon into the bread slightly to help anchor it to the bread and prevent it from blowing around in the air fryer.

6. Fry with air for one or two more minutes (depending on how you like your egg cooked), just to melt the cheese and finish cooking the egg. Serve immediately.

Bacon Puff Pastry Pinwheels

Yield: 8 pinwheels

Temperature Setting: 360°F

Cooking Time: 10 minutes

Ingredients:

- ¼ cup brown sugar
- 1 sheet of puff pastry
- 2 tablespoons maple syrup
- 8 slices bacon (not thick cut)
- coarsely cracked black pepper
- vegetable oil

Directions:

1. On a slightly floured surface, roll the puff pastry out into a square that measures roughly 10 inches wide by however long your bacon strips are (usually approximately 11 inches). Cut the pastry into eight even strips.
2. Brush the strips of pastry with the maple syrup and drizzle the brown sugar on top, leaving 1 inch of dough exposed at the far end of every strip. Put a slice of bacon on every strip of puff pastry, allowing 1/8-inch of the length of bacon hang over the edge of the pastry. Sprinkle generously with coarsely ground black pepper.
3. With the exposed end of the pastry strips away from you, roll the bacon and pastry strips up into pinwheels. Dab a little water on the exposed end of the pastry and pinch it to the pinwheel to seal the pastry shut.
4. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 360°F.
5. Brush or spray the air fryer basket with a little vegetable oil. Put the pinwheels into the basket and air-fry at 360°F for 8 minutes. Move the pinwheels over and air-fry for an additional 2 minutes to brown the bottom. Serve warm.

Bacon, Broccoli and Swiss Cheese Bread Pudding

Yield: 2 to 4 Servings

Temperature Setting: 400°F/330°F

Cooking Time: 6 + 2 + 40 minutes

Ingredients:

- ½ pound thick cut bacon, cut into ¼-inch pieces
- ½ teaspoon salt
- 1 cup frozen broccoli florets, thawed and chopped
- 1 cup milk
- 1½ cups grated Swiss cheese
- 3 cups brioche bread or rolls, cut into ½-inch cubes
- 3 eggs
- freshly ground black pepper

Directions:

1. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
2. Air-fry the bacon for 6 to 10 minutes until crispy, jiggling the basket intermittently while it cooks to help it cook evenly. Remove the bacon and save it for later on a paper towel.
3. Air-fry the brioche bread cubes for 2 minutes to dry and toast lightly. (If your brioche is a few days old and slightly stale, you can omit this step.)
4. Butter a 6- or 7-inch cake pan. Mix all the ingredients in a big container and toss well. Move the mixture to the buttered cake pan, cover using aluminium foil and refrigerate the bread pudding overnight, or for no less than 8 hours.
5. Remove the casserole from the fridge an hour before you plan to cook, and let it sit on the countertop to come to room temperature.
6. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 330°F. Move the coated cake pan, to

the basket of the air fryer, letting the dish down into the basket using a sling made of aluminium foil (fold a piece of aluminium foil into a strip about 2-inches wide by 24-inches long). Fold the ends of the aluminium foil on top of the dish before returning the basket to the air fryer. Fry with air for 20 minutes. Remove the foil and air-fry for an additional 20 minutes. If the top begins to brown a little too much before the custard has set, simply return the foil to the pan. The bread pudding has cooked through when a skewer inserted into the center comes out clean.

Cheddar Cheese Biscuits

Yield: 8 biscuits

Temperature Setting: 380°F

Cooking Time: 22 minutes

Ingredients:

- ½ cup butter (1 stick), frozen for 15 minutes
- ½ cup grated Cheddar cheese, plus more to melt on top
- 1 cup all-purpose flour, for shaping
- 1 tablespoon butter, melted
- 1⅓ cups buttermilk
- 2 tablespoons sugar
- 2⅓ cups self-rising flour

Directions:

1. Line a buttered 7-inch metal cake pan with parchment paper or a silicone liner.
2. Mix the flour and sugar in a big mixing container. Grate the butter into the flour. Put in the grated cheese and stir to cover the cheese and butter with flour. Then put in the buttermilk and stir just until you can no longer see streaks of flour. The dough should be quite wet.
3. Apply the all-purpose (not self-rising) flour out on a small cookie sheet. With a spoon, scoop 8 uniformly sized balls of dough into the flour, making sure they don't touch every other. With floured hands, cover every dough ball with flour and toss them lightly from hand to hand to jiggle off any surplus flour. Put every floured dough ball into the prepared pan, right up next to the other. This will help the biscuits rise up, rather than spreading out.
4. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 380°F.
5. Move the cake pan to the basket of the air fryer, lowering it into the basket using a sling made of aluminium foil (fold a piece of aluminium foil into a strip about 2-inches wide by 24-inches

long). Let the ends of the aluminium foil sling hang across the cake pan before returning the basket to the air fryer.

6. Fry with air for 20 minutes. Check the biscuits a couple of times to ensure they are not getting too brown on top. If they are, rearrange the aluminium foil strips to cover any brown parts. After 20 minutes, check the biscuits by inserting a toothpick into the center of the biscuits. It should come out clean. If it needs a little more time, carry on air-frying for a couple of extra minutes. Brush the tops of the biscuits with some melted butter and drizzle a little more grated cheese on top if you wish. Pop the basket back into the air fryer for an additional 2 minutes. Remove the cake pan from the air fryer using the aluminium sling. Let the biscuits cool for just a minute or two and then turn them out onto a plate and pull apart. Serve immediately.

Cinnamon Rolls with Cream Cheese Glaze

Yield: Servings 8

Temperature Setting: 350°F

Cooking Time: 18 minutes

Ingredients:

- ¼ cup butter, melted and cooled
- ½ teaspoon vanilla
- ¾ cup brown sugar
- 1 pound frozen bread dough, thawed
- 1¼ cups powdered sugar
- 1½ tablespoons ground cinnamon
- 2 tablespoons butter, softened
- 4 ounces cream cheese, softened
- Cream Cheese Glaze:

Directions:

1. Let the bread dough come to room temperature on the counter. On a slightly floured surface roll the dough into a 13-inch by 11-inch rectangle. Position the rectangle so the 13-inch side is facing you. Brush the melted butter all over the dough, leaving a 1-inch border uncovered along the edge farthest away from you.
2. Mix the brown sugar and cinnamon in a small container. Sprinkle the mixture uniformly over the buttered dough, keeping the 1-inch border uncovered. Roll the dough into a log starting with the edge closest to you. Roll the dough tightly, making sure to roll uniformly and shove out any air pockets. When you get to the uncovered edge of the dough, press the dough onto the roll to seal it together.
3. Cut the log into 8 pieces slicing slowly with a sawing motion so you don't flatten the dough. Move the slices on their sides and

cover using a clean kitchen towel. Let the rolls sit in the warmest part of your kitchen for 1½ to 2 hours to rise.

4. To make the glaze, put the cream cheese and butter in a microwave-safe container. Soften the mixture in the microwave for 30 seconds at a time until it is easy to stir. Gradually put in the powdered sugar and stir to combine. Put in the vanilla extract and whisk till the desired smoothness is achieved . Set aside.
5. When the rolls have risen, pre-heat the air fryer to 350°F.
6. Move 4 of the rolls to the air fryer basket. Fry with air for 5 minutes. Move the rolls over and air-fry for an additional 4 minutes. Repeat with the left over 4 rolls.
7. Let the rolls cool for 2 minutes before glazing. Spread big dollops of cream cheese glaze on top of the warm cinnamon rolls, allowing some of the glaze to drip down the side of the rolls. Serve warm and enjoy!

Country Gravy

Yield: 2½ cups

Ingredients:

- ¼ pound pork sausage, casings removed
- ½ teaspoon salt
- 1 tablespoon butter
- 1 teaspoon fresh thyme leaves
- 2 cups whole milk
- 2 tablespoons flour
- freshly ground black pepper

Directions:

1. Pre-heat a saucepan on moderate heat. Put in and brown the sausage, crumbling it into small pieces as it cooks. Put in the butter and flour, stirring well to combine. Continue to cook for 2 minutes, stirring constantly.
2. Slowly pour in the milk, whisking as you do, and bring the mixture to a boil to make it thick. Sprinkle with salt and freshly ground black pepper, lower the heat and simmer until the sauce has thickened to your desired consistency – about 3 to 5 minutes. Mix in the fresh thyme, sprinkle to taste and serve hot.

Crunchy French Toast Sticks

Yield: 2 to 4 Servings

Temperature Setting: 400°F

Cooking Time: 9 minutes

Ingredients:

- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- ¾ cup milk
- 1½ cups crushed crunchy cinnamon cereal, or any cereal flakes
- 2 eggs, beaten
- 4 slices Texas Toast (or other bread that you can slice into 1-inch thick slices)
- maple syrup, for serving
- vegetable oil or melted butter

Directions:

1. Mix the eggs, milk, vanilla and cinnamon in a shallow container. Put the crushed cereal in a second shallow container.
2. Trim the crusts off the slices of bread and cut every slice into 3 sticks. Immerse the sticks of bread into the egg mixture, turning them over to cover all sides. Let the bread sticks absorb the egg mixture for ten seconds or so, but don't let them get too wet. Roll the bread sticks in the cereal crumbs, pressing the cereal lightly onto all sides so that it adheres to the bread.
3. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
4. Spray or brush the air fryer basket with oil or melted butter. Put the coated sticks in the basket. It's ok to stack a few on top of the others in the opposite direction.
5. Fry with air for 9 minutes. Move the sticks over a couple of times during the cooking process so that the sticks crisp evenly. Serve warm, accompanied by the maple syrup or some berries.

Garlic Bread Knots

Yield: Servings 8

Temperature Setting: 350°F

Cooking Time: 10 minutes

Ingredients:

- ¼ cup melted butter
- 1 (11-ounce) tube of refrigerated French bread dough
- 1 teaspoon dried parsley
- 2 teaspoons garlic powder

Directions:

1. Combine the melted butter, garlic powder and dried parsley in a small container and set it aside.
2. To make smaller knots, cut the long tube of bread dough into 16 slices. If you want to make bigger knots, slice the dough into 8 slices. Shape every slice into a long rope about 6 inches long by rolling it on a flat surface with the palm of your hands. Tie every rope into a knot and put them on a plate.
3. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 350°F.
4. Move half of the bread knots into the air fryer basket, leaving space in between every knot. Brush every knot with the butter mixture using a pastry brush.
5. Fry with air for 5 minutes. Remove the baked knots and brush a little more of the garlic butter mixture on each. Repeat with the left over bread knots and serve warm.

Ham and Cheddar Gritters

Yield: 6 to 8 Servings

Temperature Setting: 400°F

Cooking Time: 36 minutes

Ingredients:

- ¼ teaspoon salt
- 1 cup finely diced ham
- 1 cup quick-cooking grits
- 1 egg, beaten
- 1 tablespoon chopped chives
- 2 cups grated Cheddar cheese, divided
- 2 cups panko breadcrumbs
- 2 tablespoons butter
- 4 cups water
- salt and freshly ground black pepper
- vegetable oil

Directions:

1. Bring the water to a boil in a saucepan. Mix in the grits and ¼ teaspoon of salt, and cook for 7 minutes until the grits are tender. Remove the pan from the heat and mix in the butter and 1 cup of the grated Cheddar cheese. Move the grits to a container and let them cool for just 10 to 15 minutes.
2. Stir the ham, chives and the remaining cheese into the grits and sprinkle with salt and pepper to taste. Put in the beaten egg and refrigerate the mixture for 30 minutes. (Try not to chill the grits much longer than 30 minutes, or the mixture will be too firm to shape into patties.)
3. As the grit mixture is chilling, make the country gravy and set it aside.
4. Put the panko breadcrumbs in a shallow dish. Measure out ¼-cup portions of the grits mixture and shape them into patties. Coat all sides of the patties with the panko breadcrumbs, patting them

using your hands so the crumbs adhere to the patties. You should have approximately 16 patties. Spray both sides of the patties with oil.

5. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
6. In batches of 5 or 6, air-fry the fritters for 8 minutes. Using a flat spatula, flip the fritters over and air-fry for an additional 4 minutes.
7. Serve hot with country gravy.

Hashbrown Potatoes Lyonnaise

Yield: 4 Servings

Temperature Setting: 370°F/400°F

Cooking Time: 8 + 25 minutes

Ingredients:

- 1 tablespoon vegetable oil
- 1 teaspoon brown sugar
- 1 teaspoon butter, melted
- 1 Vidalia (or other sweet) onion, sliced
- 2 big russet potatoes (approximately 1 pound), sliced ½-inch thick
- salt and freshly ground black pepper

Directions:

1. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 370°F.
2. Toss to mix the sliced onions, melted butter and brown sugar together in the air fryer basket. Fry with air for 8 minutes, shaking the basket occasionally to help the onions cook evenly.
3. As the onions cook., bring a 3-quart saucepan of salted water to a boil on the stovetop. Par-cook the potatoes in boiling water for 3 minutes. Drain the potatoes and pat them dry using a clean kitchen towel.
4. Put in the potatoes to the onions in the air fryer basket and drizzle using vegetable oil. Toss to cover the potatoes with the oil and sprinkle with salt and freshly ground black pepper.
5. Increase the air fryer temperature to 400°F and air-fry for 20 to 25 minutes tossing the vegetables a few times during the cooking time to help the potatoes brown uniformly. Sprinkle again with salt and freshly ground black pepper and serve warm.

Pepperoni Pizza Bread

Yield: 4 to 6 Servings

Temperature Setting: 320°F

Cooking Time: 13 to 15 minutes

Ingredients:

- 1 cup mini pepperoni or pepperoni slices, cut in quarters
- 1 cup pizza sauce
- 1 tablespoon dried oregano
- 2 cups grated mozzarella cheese
- 7-inch round bread boule
- Pizza sauce for dipping (optional)

Directions:

1. Make 7 to 8 deep slices across the bread boule, leaving 1 inch of bread uncut at the bottom of every slice before you revery the cutting board. The slices should go about three quarters of the way through the boule and be about 2 inches apart from every other. Move the bread boule 90 degrees and make 7 to 8 similar slices perpendicular to the first slices to form squares in the bread. Again, ensure you don't cut all the way through the bread.
2. Mix the mozzarella cheese and oregano in a small container.
3. Fill the slices in the bread with pizza sauce by lightly spreading the bread apart and spooning the sauce in between the squares of bread. Top the sauce with the mozzarella cheese mixture and then the pepperoni. Do your very best to get the cheese and pepperoni in between the slices, rather than on top of the bread. Keep spreading the bread apart and stuffing the ingredients in, but be careful not to tear the bottom of the bread.
4. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 320°F.
5. Move the bread boule to the air fryer basket and air-fry for 13 to 15 minutes, making sure the top doesn't get too dark. (It will just be the cheese on top that gets dark, so if you've done a good job

of tucking the cheese in between the slices, this shouldn't be an issue.)

6. Cautiously remove the bread from the basket with a spatula. Move it to a serving platter with more sauce to dip into if you wish. Serve with a lot of napkins so that people can just pull the bread apart with their hands and enjoy!

Roasted Tomato and Cheddar Rolls

Yield: 12 rolls

Temperature Setting: 390°F/330°F/360°F

Cooking Time: 15 + 40 minutes

Ingredients:

- ¼ teaspoon dried thyme
- ½ clove garlic, minced
- 1 cup grated Cheddar cheese, plus more for sprinkling at the end
- 1 tablespoon olive oil
- 1 tablespoon olive oil
- 1 teaspoon active dry yeast
- 1½ cups water
- 2 teaspoons salt
- 2 teaspoons sugar
- 4 cups all-purpose flour
- 4 Roma tomatoes
- salt and freshly ground black pepper

Directions:

1. Cut the Roma tomatoes in half, remove the seeds with your fingers and move to a container. Put in the garlic, olive oil, dried thyme, salt and freshly ground black pepper and toss well.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 390°F.
3. Put the tomatoes, cut side up in the air fryer basket and air-fry for 10 minutes. The tomatoes should just start to brown. Shake the basket to redistribute the tomatoes, and air-fry for an additional 5 to 10 minutes at 330°F until the tomatoes are no longer juicy. Let the tomatoes cool and then rough chop them.
4. Mix the flour, yeast, sugar and salt in the container of a stand mixer. Put in the olive oil, chopped roasted tomatoes and Cheddar cheese to the flour mixture and start to mix using the dough hook attachment. As you're mixing, add 1¼ cups of the water, mixing

until the dough comes together. Continue to knead the dough with the dough hook for an additional 10 minutes, adding enough water to the dough to get it to the right consistency.

5. Move the dough to an oiled container, cover using a clean kitchen towel and let it rest and rise until it has doubled in volume – approximately 1 to 2 hours. Then, divide the dough into 12 equal portions. Roll every portion of dough into a ball. Slightly cover every dough ball with oil and let the dough balls rest and rise a second time, coated slightly with plastic wrap for 45 minutes. (Alternately, you can put the rolls in the fridge overnight and take them out 2 hours before you bake them.)
6. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 360°F.
7. Spray the dough balls and the air fryer basket with a little olive oil. Put three rolls at a time in the basket and bake for 10 minutes. Put in a little grated Cheddar cheese on top of the rolls for the last 2 minutes of air frying for an attractive finish.

Roasted Vegetable Frittata

Yield: 1 Servings to 2

Temperature Setting: 400°F/380°F

Cooking Time: 6 + 13 minutes

Ingredients:

- ½ cup diced zucchini
- ½ cup grated Cheddar cheese
- ½ red or green bell pepper, cut into ½-inch chunks
- ½ teaspoon chopped fresh oregano or thyme
- 1 teaspoon butter
- 1 teaspoon chopped fresh parsley
- 1 teaspoon olive oil
- 3 eggs, beaten
- 4 button mushrooms, sliced
- salt and freshly ground black pepper, to taste

Directions:

1. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
2. Toss to mix the peppers, mushrooms, zucchini and oregano with the olive oil and air-fry for 6 minutes, shaking the frying basket intermittently a couple of times during the cooking process to redistribute the ingredients.
3. As the vegetables cook., beat the eggs well in a container, mix in the Cheddar cheese and sprinkle with salt and freshly ground black pepper. Put in the air-fried vegetables to this container when they have finished cooking.
4. Put a 6- or 7-inch non-stick metal cake pan into the air fryer basket with the butter using an aluminium sling to lower the pan into the basket. (Fold a piece of aluminium foil into a strip about 2-inches wide by 24-inches long.) Fry with air for 1 minute at 380°F to melt the butter. Remove the cake pan and rotate the pan to distribute the butter and grease the pan. Pour the egg mixture

into the cake pan and return the pan to the air fryer, using the aluminium sling.

5. Fry with air with the temperature set to 380°F for 12 minutes, or until the frittata has puffed up and is slightly browned. Let the frittata sit in the air fryer for 5 minutes to cool to an edible temperature and set up. Remove the cake pan from the air fryer, drizzle with parsley and serve immediately.

Seasoned Herbed Sourdough Croutons

Yield: 4 cups

Temperature Setting: 400°F

Cooking Time: 5 to 7 minutes

Ingredients:

- ¼ – ½ teaspoon salt
- 1 tablespoon olive oil
- 1 teaspoon fresh thyme leaves
- 4 cups cubed sourdough bread, 1-inch cubes (about 8 ounces)
- freshly ground black pepper

Directions:

1. Mix all ingredients in a container and taste to ensure it is seasoned to your liking.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
3. Toss to mix the bread cubes into the air fryer and air-fry for 5 to 7 minutes, shaking the frying basket intermittently a couple of times as the cooking progresses.
4. Serve warm or store in an airtight container.

Soft Pretzels

Yield: 12 large, 24 medium or 48 mini pretzels

Temperature Setting: 350°F

Cooking Time: 6 minutes per batch

- 1 cup boiling water
- 1 cup water, warm
- 1 tablespoon baking soda
- 1 teaspoon salt
- 1 teaspoon sugar
- 2 tablespoons butter, melted
- 2 teaspoons yeast
- 2½ cups all-purpose flour
- coarse sea salt
- melted butter

Directions:

1. Mix the yeast and water in a small container. Mix the sugar, salt and flour in the container of a stand mixer. With the mixer running and using the dough hook, drizzle in the yeast mixture and melted butter and knead dough until smooth and elastic – approximately 10 minutes. Shape into a ball and let the dough rise for 1 hour.
2. Punch the dough down to release any air and decide what size pretzels you want to make. To make big pretzels, divide the dough into 12 portions. To make medium sized pretzels, divide the dough into 24 portions. To make mini pretzel knots, divide the dough into 48 portions.
3. Roll every portion into a skinny rope using both hands on the counter and rolling from the center to the ends of the rope. Spin the rope into a pretzel shape (or tie the rope into a knot) and put the tied pretzels on a parchment lined baking sheet.
4. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 350°F.
5. Mix the boiling water and baking soda in a shallow container and whisk to dissolve (this mixture will bubble, but it will settle

down). Let the water cool so that you can put your hands in it. Working in batches, dip the pretzels (top side down) into the baking soda-water mixture and allow them to soak for 30 seconds to a minute. (This step is what gives pretzels their texture and helps them to brown faster.) Then, remove the pretzels carefully and return them (top side up) to the baking sheet. Sprinkle the coarse salt on the top.

6. Air-fry in batches for 3 minutes per side. When the pretzels are finished, brush them generously with the melted butter and enjoy them warm, accompanied by some spicy mustard.

Western Frittata

Yield: 1 Servings to 2

Temperature Setting: 400°F/380°F

Cooking Time: 6 + 13 minutes

Ingredients:

- ¼ cup diced cooked ham
- ¼ cup grated Cheddar cheese
- ½ red or green bell pepper, cut into ½-inch chunks
- 1 teaspoon butter
- 1 teaspoon chopped fresh parsley
- 1 teaspoon olive oil
- 3 eggs, beaten
- salt and freshly ground black pepper, to taste

Directions:

1. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
2. Toss to mix the peppers with the olive oil and air-fry for 6 minutes, shaking the frying basket intermittently a couple of times during the cooking process to redistribute the ingredients.
3. As the vegetables cook., beat the eggs well in a container, mix in the Cheddar cheese and ham, and sprinkle with salt and freshly ground black pepper. Put in the air-fried peppers to this container when they have finished cooking.
4. Put a 6- or 7-inch non-stick metal cake pan into the air fryer basket with the butter using an aluminium sling to lower the pan into the basket. (Fold a piece of aluminium foil into a strip about 2-inches wide by 24-inches long.) Fry with air for 1 minute at 380°F to melt the butter. Remove the cake pan and rotate the pan to distribute the butter and grease the pan. Pour the egg mixture into the cake pan and return the pan to the air fryer, using the aluminium sling.

5. Fry with air with the temperature set to 380°F for 12 minutes, or until the frittata has puffed up and is slightly browned. Let the frittata sit in the air fryer for 5 minutes to cool to an edible temperature and set up. Remove the cake pan from the air fryer, drizzle with parsley and serve immediately.

Air Fried Steaks, Burgers, and Meatballs

Asian Glazed Meatballs

Yield: 4 to 6 Servings

Temperature Setting: 380°F

Cooking Time: 30 minutes

Ingredients:

- ¼ cup toasted sesame seeds
- ½ pound ground pork
- 1 big shallot, finely chopped
- 1 cup Thai sweet chili sauce (spring roll sauce)
- 1 pound ground beef
- 1 tablespoon grated fresh ginger
- 1½ cups brown mushrooms, very finely chopped (a food processor works well here)
- 2 cloves garlic, minced
- 2 scallions, sliced
- 2 tablespoons soy sauce
- 2 teaspoons fresh thyme, finely chopped
- 3 egg yolks
- freshly ground black pepper

Directions:

1. Mix the shallot, garlic, ginger, thyme, mushrooms, soy sauce, freshly ground black pepper, ground beef and pork, and egg yolks in a container and mix the ingredients together. Gently shape the mixture into 24 balls, about the size of a golf ball.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 380°F.
3. Working in batches, air-fry the meatballs for 8 minutes, turning the meatballs over halfway through the cooking time. Drizzle some of the Thai sweet chili sauce on top of every meatball and return the basket to the air fryer, air-frying for an additional 2 minutes. Reserve the left over Thai sweet chili sauce for serving.

4. As soon as the meatballs are done, drizzle with toasted sesame seeds and move them to a serving platter. Scatter the scallions around and serve warm.

Bacon Wrapped Filets Mignons

Yield: 4 Servings

Temperature Setting: 400°F

Cooking Time: 18 minutes

Ingredients:

- 1 tablespoon fresh thyme leaves
- 4 (8-ounce) filets mignons
- 4 slices bacon (not thick cut)
- salt and freshly ground black pepper

Directions:

1. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
2. Lay the bacon slices down on a cutting board and drizzle the thyme leaves on the bacon slices. Remove any string tying the filets and put the steaks down on their sides on top of the bacon slices. Roll the bacon around the side of the filets and secure the bacon to the fillets with a toothpick or two.
3. Sprinkle the steaks generously with salt and freshly ground black pepper and move the steaks to the air fryer.
4. Fry with air for 18 minutes, turning the steaks over halfway through the cooking process. This should cook your steaks to about medium, depending on how thick they are. If you'd prefer your steaks medium-rare or medium-thoroughly, simply add or subtract two minutes from the cooking time. Remove the steaks from the air fryer and let them rest for 5 minutes before removing the toothpicks and serving. (Just enough time to quickly air-fry some vegetables to go with them!)

Carne Asada

Yield: 4 Servings

Temperature Setting: 390°F

Cooking Time: 15 minutes

Ingredients:

- 1/3 cup chopped fresh oregano
- 1/3 cup chopped fresh parsley
- 1/3 cup olive oil
- 1 teaspoon ground cumin seed
- 1 to 1½ pounds flank steak (depending on your appetites)
- 3 chipotle peppers in adobo, chopped
- 4 cloves garlic, minced
- juice of 2 limes
- salt
- tortillas and guacamole (optional – for serving)

Directions:

1. Make the marinade: Mix the garlic, chipotle, parsley, oregano, cumin, lime juice and olive oil in a non-reactive container. Coat the flank steak with the marinade and let it marinate for 30 minutes to 8 hours. (Don't leave the steak out of refrigeration for longer than 2 hours, however.)
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 390°F.
3. Remove the steak from the marinade and put it in the air fryer basket. Sprinkle the steak with salt and air-fry for 15 minutes, turning the steak over halfway through the cooking time and sprinkling again with salt. This should cook the steak to medium. Put in or subtract two minutes for medium-well or medium-rare.
4. Make sure you let the steak rest before slicing the meat against the grain. Serve with warm tortillas, guacamole and a fresh salsa like the Tomato-Corn Salsa below.

Tomato-Corn Salsa

Ingredients:

- ¼ cup minced red onion, rinsed with cool water
- ¼ teaspoon salt
- ½ lime juiced
- 1 cup chopped fresh tomato
- 1 ear fresh corn kernels (approximately 1 cup)
- 1 tablespoon olive oil
- 2 tablespoons chopped fresh cilantro
- freshly ground black pepper

Directions:

Mix all the ingredients in a container. Set aside for 15 minutes and then serve.

Chicken Fried Steak with Gravy

Yield: 4 Servings

Temperature Setting: 400°F

Cooking Time: 20 minutes

Ingredients:

- ¼ teaspoon garlic powder
- ½ cup flour
- 1 cup buttermilk
- 1 cup fine breadcrumbs
- 2 teaspoons salt, divided
- 4 tenderized top round steaks (about 6 to 8 ounces each; ½-inch thick)
- freshly ground black pepper
- vegetable or canola oil

For the Gravy:

- ¼ onion, minced (about ¼ cup)
- ¼ teaspoon dried thyme
- 1 clove garlic, smashed
- 1 cup milk
- 2 tablespoons butter or bacon drippings
- 3 tablespoons flour
- a few dashes of Worcestershire sauce
- salt and lots of freshly ground black pepper

Directions:

1. Prepare a dredging station. Mix the flour, 1 teaspoon of salt, black pepper and garlic powder in a shallow container. Pour the buttermilk into a second shallow container. Lastly, put the breadcrumbs and 1 teaspoon of salt in a third shallow container.
2. Immerse the tenderized steaks into the flour, then the buttermilk, and then the breadcrumb mixture, pushing the crumbs onto the

steak. Put them on a baking sheet and spray both sides generously with vegetable or canola oil.

3. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
4. Move the steaks to the air fryer basket, two at a time, and air-fry for 10 minutes, flipping the steaks over halfway through the cooking time. This will cook your steaks to medium. If you want the steaks cooked a little more or less, add or subtract a minute or two. Hold the first batch of steaks warm in a 170°F oven while you cook the second batch.
5. As the steaks cook., make the gravy. Melt the butter in a small saucepan on moderate heat on the stovetop. Put in the onion, garlic and thyme and cook for 5 minutes, until the onion is tender and just beginning to brown. Mix in the flour and cook for an additional five minutes, stirring often, until the mixture begins to brown. Mix in the milk and bring the mixture to a boil to make it thick. Sprinkle with salt, lots of freshly ground black pepper and a few dashes of Worcestershire sauce.
6. Plate the chicken fried steaks with mashed potatoes and vegetables and serve the gravy at the table to pour on top.

Dijon Thyme Burgers

Yield: Servings 3 to 4

Temperature Setting: 370°F/330°F

Cooking Time: 18 minutes

Ingredients:

- ¼ cup finely chopped onion
- ⅓ cup panko breadcrumbs
- 1 pound lean ground beef
- 1 tablespoon chopped fresh thyme
- 1 teaspoon salt
- 3 tablespoons Dijon mustard
- 4 teaspoons Worcestershire sauce
- freshly ground black pepper

Topping (optional):

- 1 tablespoon dark brown sugar
- 1 teaspoon Worcestershire sauce
- 2 tablespoons Dijon mustard
- 4 ounces sliced Swiss cheese, optional

Directions:

1. As the burgers cook, mix the Dijon mustard, dark brown sugar, and Worcestershire sauce in a small container and mix thoroughly. This optional topping to the burgers really adds a boost of flavor at the end. Apply the Dijon topping uniformly on every burger. If you cooked the burgers in batches, return the first batch to the cooker at this time – it's ok to put the fourth burger on top of the others in the center of the basket. Air-fry the burgers for an additional 3 minutes.
2. Lastly, if you wish, top every burger with a slice of Swiss cheese. Lower the air fryer temperature to 330°F and air-fry for an additional minute to melt the cheese. Serve the burgers on toasted brioche buns, dressed the way you like them.

3. Mix all the burger ingredients together in a big container and mix thoroughly. Divide the meat into 4 equal portions and then form the burgers, being careful not to over-handle the meat. One good way to do this is to throw the meat back and forth from one hand to another, packing the meat every time you catch it. Flatten the balls into patties, making an indentation in the center of every patty with your thumb (this will help it stay flat as it cooks) and flattening the sides of the burgers so that they will fit nicely into the air fryer basket.
4. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 370°F.
5. If you don't have room for all four burgers, air-fry two or three burgers at a time for 8 minutes. Turn the burgers over and air-fry for an additional 6 minutes.

Inside Out Cheeseburgers

Yield: 2 Servings

Temperature Setting: 370°F

Cooking Time: 20 minutes

Ingredients:

- ¾ pound lean ground beef
- 2 teaspoons yellow mustard
- 3 tablespoons minced onion
- 4 slices of Cheddar cheese, broken into smaller pieces
- 4 teaspoons ketchup
- 8 hamburger dill pickle chips
- salt and freshly ground black pepper

Directions:

1. Mix the ground beef, minced onion, ketchup, mustard, salt and pepper in a big container. Combine well to thoroughly mix the ingredients. Divide the meat into four equal portions.
2. To make the stuffed burgers, flatten every portion of meat into a thin patty. Put 4 pickle chips and half of the cheese onto the center of two of the patties, leaving a rim around the edge of the patty exposed. Put the left over two patties on top of the first and press the meat together firmly, sealing the edges tightly. With the burgers on a flat surface, press the sides of the burger with the palm of your hand to create a straight edge. This will help keep the stuffing inside the burger while it cooks.
3. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 370°F.
4. Put the burgers inside the air fryer basket and air-fry for 20 minutes, flipping the burgers over halfway through the cooking time.
5. Serve the cheeseburgers on buns with lettuce and tomato.

Marinated Rib-Eye Steak

Yield: 2 Servings

Temperature Setting: 400°F

Cooking Time: 10 to 15 minutes

Ingredients:

- ¼ cup red wine
- 1 teaspoon dried parsley
- 1 teaspoon fresh thyme leaves
- 2 (8-ounce) boneless rib-eye steaks
- 2 tablespoons olive oil
- 2 tablespoons Worcestershire sauce
- 8 ounces baby bella (cremini) mushrooms, stems trimmed and caps halved
- chopped fresh chives or parsley
- coarsely ground black pepper
- salt and freshly ground black pepper

Directions:

1. Mix the Worcestershire sauce and red wine in a shallow baking dish. Put in the steaks to the marinade, pierce them multiple times with the tines of a fork or a meat tenderizer and sprinkle them generously with the coarsely ground black pepper. Turn the steaks over and pierce the other side in a similar fashion, sprinkling again with the coarsely ground black pepper. Marinate the steaks for 2 hours.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
3. Toss to mix the mushrooms in a container with the olive oil, dried parsley, thyme, salt and freshly ground black pepper. Move the steaks from the marinade to the air fryer basket, sprinkle with salt and scatter the mushrooms on top.
4. Air-fry the steaks for 10 minutes for medium-rare, 12 minutes for medium, or 15 minutes for well-done, flipping the steaks once

halfway through the cooking time.

5. Serve the steaks and mushrooms together with the chives or parsley sprinkled on top. A good steak sauce or some horseradish would be a nice accompaniment.

Mexican Cheeseburgers

Yield: 4 Servings

Temperature Setting: 370°F/340°F

Cooking Time: 22 minutes

Ingredients:

- ¼ cup canned diced green chilies
- ¼ cup finely chopped onion
- ½ cup crushed yellow corn tortilla chips
- 1 (1.25-ounce) packet taco sprinkling
- 1 egg, slightly beaten
- 1¼ pounds ground beef
- 4 (12-inch) flour tortillas
- 4 ounces pepper jack cheese, grated
- shredded lettuce, sour cream, guacamole, salsa (for topping)

Directions:

1. Mix the ground beef, minced onion, crushed tortilla chips, taco sprinkling, green chilies, and egg in a big container. Combine thoroughly until combined – your hands are good tools for this. Divide the meat into four equal portions and shape every portion into an oval-shaped burger.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 370°F.
3. Air-fry the burgers for 18 minutes, turning them over halfway through the cooking time. Divide the cheese between the burgers, lower fryer to 340°F and air-fry for an additional 4 minutes to melt the cheese. (This will give you a burger that is medium-well. If you prefer your cheeseburger medium-rare, shorten the cooking time to approximately 15 minutes and then put in the cheese and proceed with the recipe.)
4. As the burgers cook., warm the tortillas wrapped in aluminium foil in a 350°F oven, or in a skillet with a little oil over moderate-

high heat for 2 minutes. Keep the tortillas warm until the burgers are ready.

5. To assemble the burgers, spread sour cream over three quarters of the tortillas and top every with some shredded lettuce and salsa. Put the Mexican cheeseburgers on the lettuce and top with guacamole. Fold the tortillas around the burger, starting with the bottom and then folding the sides in on top. (A little sour cream can help hold the seam of the tortilla together.) Serve instantly.

Pepper Steak

Yield: 4 Servings

Temperature Setting: 350°F

Cooking Time: 30 minutes

Ingredients:

- ¼ cup hoisin sauce
- ½ teaspoon freshly ground black pepper
- ¾ cup beef broth
- 1 onion, sliced
- 1 tablespoon sugar
- 1 teaspoon sesame oil
- 1½ pounds boneless New York strip steaks, sliced into ½-inch strips
- 2 tablespoons cornstarch
- 3 small bell peppers, red, yellow and green, sliced
- 3 tablespoons soy sauce

Directions:

1. Whisk the cornstarch and sugar together in a big container to break up any lumps in the cornstarch. Put in the beef broth and whisk until combined and smooth. Mix in the hoisin sauce, soy sauce, sesame oil and freshly ground black pepper. Put in the beef, onion and peppers, and toss to coat. Marinate the beef and vegetables at room temperature for 30 minutes, stirring a few times to keep meat and vegetables coated.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 350°F.
3. Move the beef, onion, and peppers to the air fryer basket with tongs, reserving the marinade. Air-fry the beef and vegetables for 30 minutes, stirring well two or three times during the cooking process.
4. As the beef is air-frying, bring the reserved marinade to a simmer in a small saucepan on moderate heat on the stovetop. Simmer for

5 minutes until the sauce thickens.

5. When the steak and vegetables have finished cooking, move them to a serving platter. Pour the hot sauce over the pepper steak and serve with white rice.

Provolone Stuffed Meatballs

Yield: 4 to 6 Servings (12 meatballs)

Temperature Setting: 380°F

Cooking Time: 24 minutes

Ingredients:

- ¼ cup finely chopped fresh parsley (or 1 tablespoon dried parsley)
- ¼ cup grated Parmesan cheese
- ½ teaspoon dried oregano
- ¾ cup breadcrumbs
- ¾ pound ground beef
- ¾ pound ground pork
- 1 small onion, very finely chopped
- 1 tablespoon olive oil
- 1 to 2 cloves garlic, minced
- 1½ teaspoons salt
- 2 eggs, slightly beaten
- 5 ounces sharp or aged provolone cheese, cut into 1-inch cubes
- freshly ground black pepper

Directions:

1. Pre-heat a skillet over moderate-high heat. Put in the oil and cook the onion and garlic until tender, but not browned.
2. Move the onion and garlic to a big container and put in the beef, pork, breadcrumbs, Parmesan cheese, parsley, oregano, salt, pepper and eggs. Combine well until all the ingredients are combined. Divide the mixture into 12 uniformly sized spheres. Make one meatball at a time, by pressing a hole in the meatball mixture using your finger and pushing a piece of provolone cheese into the hole. Mold the meat back into a ball, enclosing the cheese.
3. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 380°F.
4. Working in two batches, move six of the meatballs to the air fryer basket and air-fry for 12 minutes, shaking the basket and turning

the meatballs a couple of times during the cooking process. Repeat with the left over six meatballs. You can pop the first batch of meatballs into the air fryer for the last two minutes of cooking to re-heat them. Serve warm.

Red Curry Flank Steak

Yield: 4 Servings

Temperature Setting: 400°F

Cooking Time: 12 to 18 minutes

Ingredients:

- ¼ cup olive oil
- 1½ pounds flank steak
- 2 tablespoons rice wine vinegar
- 2 tablespoons soy sauce
- 2 teaspoons grated fresh ginger
- 3 scallions, minced
- 3 tablespoons red curry paste
- fresh cilantro (or parsley) leaves

Directions:

1. Combine the red curry paste, olive oil, ginger, soy sauce, rice vinegar and scallions together in a container. Put the flank steak in a shallow glass dish and pour half the marinade over the steak. Pierce the steak multiple times using a fork or meat tenderizer to let the marinade penetrate the meat. Move the steak over, pour the left over marinade on top and pierce the steak multiple times again. Cover and marinate the steak in the fridge for 6 to 8 hours.
2. When you are ready to cook, remove the steak from the fridge and let it sit at room temperature for 30 minutes.
3. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
4. Cut the flank steak in half so that it fits more easily into the air fryer and move both pieces to the air fryer basket. Pour the marinade over the steak. Fry with air for 12 to 18 minutes, depending on your preferred degree of doneness of the steak (12 minutes = medium rare). Turn the steak over halfway through the cooking time.

5. When your desired degree of doneness has been reached, remove the steak to a cutting board and let it rest for 5 minutes before slicing. Thinly slice the flank steak against the grain of the meat. Move the slices to a serving platter, pour any juice from the bottom of the air fryer over the sliced flank steak and drizzle the fresh cilantro on top.

Zesty London Broil

Yield: 4 to 6 Servings

Temperature Setting: 400°F

Cooking Time: 20 to 28 minutes

Ingredients:

- ¼ cup honey
- ¼ cup olive oil
- ½ teaspoon paprika
- ⅔ cup ketchup
- 1 teaspoon freshly ground black pepper
- 1 teaspoon salt
- 2 pounds London broil, top round or flank steak (approximately 1-inch thick)
- 2 tablespoons apple cider vinegar
- 2 tablespoons minced onion
- 2 tablespoons Worcestershire sauce

Directions:

1. Mix the ketchup, honey, olive oil, apple cider vinegar, Worcestershire sauce, minced onion, paprika, salt and pepper in a small container and whisk together.
2. Generously pierce both sides of the meat using a fork or meat tenderizer and put it in a shallow dish. Pour the marinade mixture over the steak, making sure all sides of the meat get coated with the marinade. Cover and refrigerate overnight.
3. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
4. Move the London broil to the air fryer basket and air-fry for 20 to 28 minutes, depending on how rare or well done you like your steak. Turn the steak over halfway through the cooking time.
5. Remove the London broil from the air fryer and let it rest for 5 minutes on a cutting board. To serve, thinly slice the meat against the grain and move to a serving platter.

Pork and Lamb

Apple Cornbread Stuffed Pork Loin with Apple Gravy

Yield: 4 to 6 Servings

Temperature Setting: 400°F/360°F

Cooking Time: 6 + 55 minutes

Ingredients:

- ¼ cup chopped fresh parsley
- ½ cup chicken stock
- 1 (2-pound) boneless pork loin
- 1 Granny Smith apple, peeled, cored and finely chopped
- 2 cups cubed cornbread
- 2 teaspoons fresh thyme leaves
- 4 strips of bacon, chopped
- kitchen twine
- salt and freshly ground black pepper

Apple Gravy:

- ½ cup apple cider
- 1 cup chicken stock
- 1 Granny Smith apple, peeled, cored and finely chopped
- 1 shallot, minced
- 2 tablespoons butter
- 2 tablespoons flour
- 3 sprigs fresh thyme
- salt and freshly ground black pepper, to taste

Directions:

1. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.

2. Put in the bacon to the air fryer and air-fry for 6 to 8 minutes until crispy. As the bacon cooks, mix the apple, fresh thyme, parsley and cornbread in a container and toss well. Moisten the mixture with the chicken stock and sprinkle to taste with salt and freshly ground black pepper. Put in the cooked bacon to the mixture.
3. Butterfly the pork loin by holding it flat on the cutting board with one hand, while slicing into the pork loin parallel to the cutting board with the other. Slice into the longest side of the pork loin, but stop before you cut all the way through. You should then be able to open the pork loin up like a book, making it twice as wide as it was when you started. Sprinkle the inside of the pork with salt and freshly ground black pepper.
4. Apply the cornbread mixture onto the butterflied pork loin, leaving a one-inch border around the edge of the pork. Roll the pork loin up around the stuffing to enclose the stuffing, and tie the rolled pork in multiple places with kitchen twine or secure using toothpicks. Try to repute any stuffing that falls out of the roast as you roll it, by stuffing it into the ends of the rolled pork. Sprinkle the outside of the pork with salt and freshly ground black pepper.
5. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 360°F.
6. Put the stuffed pork loin into the air fryer, seam side down. Air-fry the pork loin for 15 minutes at 360°F. Move the pork loin over and air-fry for an additional 15 minutes. Move the pork loin a quarter turn and air-fry for an additional 15 minutes. Move the pork loin over again to expose the fourth side, and air-fry for an additional 10 minutes. The pork loin should register 155°F on an instant read thermometer when it is finished.
7. As the pork cooks, make the apple gravy. Pre-heat a saucepan on moderate heat on the stovetop and melt the butter. Put in the shallot, apple and thyme sprigs and sauté until the apple begins to soften and brown a little. Put in the flour and stir for a minute or two. Mix in the stock and apple cider vigorously to prevent the flour from forming lumps. Bring the mixture to a boil to thicken and sprinkle to taste with salt and pepper.

8. Move the pork loin to a resting plate and loosely tent with foil, allowing the pork rest for no less than 5 minutes before slicing and serving with the apple gravy poured on top.

Bacon, Blue Cheese and Pear Stuffed Pork Chops

Yield: Servings 3

Temperature Setting: 400°F/360°F

Cooking Time: 6 + 18 minutes

Ingredients:

- ⅛ teaspoon black pepper
- ⅓ cup chicken stock
- ⅓ cup crumbled blue cheese
- ½ cup finely diced onion
- ½ teaspoon dried thyme
- ½ teaspoon salt
- 1 egg, beaten
- 1 pear, finely diced
- 1 tablespoon butter
- 1½ cups seasoned stuffing cubes
- 3 boneless center-cut pork chops (2-inch thick)
- 4 slices bacon, chopped
- olive oil
- salt and freshly ground black pepper

Directions:

1. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
2. Put the bacon into the air fryer basket and air-fry for 6 minutes, stirring halfway through the cooking time. Remove the bacon and save it for later on a paper towel. Pour out the grease from the bottom of the air fryer.
3. To make the stuffing, melt the butter in a medium saucepan on moderate heat on the stovetop. Put in the onion and sauté for a few minutes, until it begins to soften. Put in the chicken stock and simmer for 1 minute. Remove the pan from the heat and put in the

stuffing cubes. Stir until the stock has been absorbed. Put in the egg, dried thyme, salt and freshly ground black pepper, and stir until combined. Fold in the diced pear and crumbled blue cheese.

4. Put the pork chops on a cutting board. Using the palm of your hand to hold the chop flat and steady, slice into the side of the pork chop to make a pocket in the center of the chop. Leave about an inch of chop uncut and ensure you don't cut all the way through the pork chop. Brush both sides of the pork chops with olive oil and sprinkle with salt and freshly ground black pepper. Fill every pork chop with a third of the stuffing, packing the stuffing tightly inside the pocket.
5. Preheat the air fryer to 360°F.
6. Spray or brush the sides of the air fryer basket with oil. Put the pork chops in the air fryer basket with the open stuffed edge of the pork chop facing the outside edges of the basket.
7. Air-fry the pork chops for 18 minutes, turning the pork chops over halfway through the cooking time. When the chops are done, let them rest for 5 minutes and then move to a serving platter.

Honey Mesquite Pork Chops

Yield: 2 Servings

Temperature Setting: 330°F/400°F

Cooking Time: 10 minutes

Ingredients:

- ¼ cup honey
- 1 tablespoon olive oil
- 1 tablespoon water
- 2 bone-in center cut pork chops (approximately 1 pound)
- 2 tablespoons mesquite sprinkling
- freshly ground black pepper

Directions:

1. Whisk the mesquite sprinkling, honey, olive oil, water and freshly ground black pepper together in a shallow glass dish. Pierce the chops all over and on both sides using a fork or meat tenderizer. Put in the pork chops to the marinade and massage the marinade into the chops. Cover and marinate for 30 minutes.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 330°F.
3. Move the pork chops to the air fryer basket and pour half of the marinade over the chops, reserving the left over marinade. Air-fry the pork chops for 6 minutes. Turn the pork chops over and pour the left over marinade on top. Fry with air for an additional 3 minutes at 330°F. Then, increase the air fryer temperature to 400°F and air-fry the pork chops for an additional minute.
4. Move the pork chops to a serving plate, and let them rest for 5 minutes before serving. If you'd like a sauce for these chops, pour the cooked marinade from the bottom of the air fryer on top.

Lamb Burger with Feta and Olives

Yield: Servings 3 to 4

Temperature Setting: 370°F

Cooking Time: 16 minutes

Ingredients:

- 1/3 cup crumbled feta cheese
- 1/3 onion, finely chopped
- 1/2 cup black olives, finely chopped
- 1/2 teaspoon salt
- 1 clove garlic, minced
- 1 pound ground lamb
- 1 1/2 teaspoons fresh oregano, finely chopped
- 2 tablespoons fresh parsley, finely chopped
- 2 teaspoons olive oil
- 4 thick pita breads
- freshly ground black pepper
- toppings and condiments

Directions:

1. Pre-heat a medium skillet over moderate-high heat on the stovetop. Put in the olive oil and cook the onion until tender, but not browned – about 4 to 5 minutes. Put in the garlic and cook for an additional minute. Move the onion and garlic to a mixing container and put in the ground lamb, parsley, oregano, olives, feta cheese, salt and pepper. Gently mix the ingredients together.
2. Divide the mixture into 3 or 4 equal portions and then form the hamburgers, being careful not to over-handle the meat. One good way to do this is to throw the meat back and forth between your hands like a baseball, packing the meat every time you catch it. Flatten the balls into patties, making an indentation in the center of every patty. Flatten the sides of the patties as well to make it easier to fit them into the air fryer basket.

3. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 370°F.
4. If you don't have room for all four burgers, air-fry two or three burgers at a time for 8 minutes at 370°F. Turn the burgers over and air-fry for an additional 8 minutes. If you cooked your burgers in batches, return the first batch of burgers to the air fryer for the last two minutes of cooking to re-heat. This should give you a medium-well burger. If you'd prefer a medium-rare burger, shorten the cooking time to approximately 13 minutes. Remove the burgers to a resting plate and let the burgers rest for a few minutes before dressing and serving.
5. As the burgers are resting, toast the pita breads in the air fryer for 2 minutes. Tuck the burgers into the toasted pita breads, or wrap the pitas around the burgers and serve with a tzatziki sauce or some mayonnaise.

Lamb Koftas Meatballs

Yield: Servings 3 to 4

Temperature Setting: 400°F

Cooking Time: 8 minutes

Ingredients:

- ½ teaspoon salt
- 1 egg, beaten
- 1 pound ground lamb
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 tablespoons chopped fresh mint
- freshly ground black pepper

Directions:

1. Mix all ingredients in a container and mix together well. Divide the mixture into 10 portions. Roll every portion into a ball and then by cupping the meatball in your hand, shape it into an oval.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
3. Air-fry the koftas for 8 minutes.
4. Serve warm, accompanied by the cucumber-yogurt dip.

Cucumber-Yogurt Dip

- ½ clove garlic, finely minced
- ½ English cucumber, grated (1 cup)
- 1 cup plain yogurt
- 1 tablespoon chopped fresh dill
- 1 tablespoon olive oil
- freshly ground black pepper
- salt

Directions:

1. Put the grated cucumber in a strainer and drizzle with salt. Let this drain while the koftas cook..

2. Meanwhile, mix the garlic, yogurt, oil and fresh dill in a container.
3. Just before serving, stir the cucumber into the yogurt sauce and sprinkle to taste with freshly ground black pepper.

Mustard and Rosemary Pork Tenderloin with Fried Apples

Yield: 2 to 3 Servings

Temperature Setting: 370°F/400°F

Cooking Time: 18 + 8 minutes

Ingredients:

- 1 pork tenderloin (approximately 1-pound)
- 1 tablespoon butter, melted
- 1 teaspoon brown sugar
- 1½ teaspoons finely chopped fresh rosemary, plus sprigs for garnish
- 2 apples, cored and cut into 8 wedges
- 2 tablespoons coarse brown mustard
- salt and freshly ground black pepper

Directions:

1. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 370°F.
2. Cut the pork tenderloin in half so that you have two pieces that fit into the air fryer basket. Brush the mustard onto both halves of the pork tenderloin and then sprinkle with salt, pepper and the fresh rosemary. Put the pork tenderloin halves into the air fryer basket and air-fry for 10 minutes. Move the pork over and air-fry for an additional 5 to 8 minutes or until the internal temperature of the pork registers 155°F on an instant read thermometer. If your pork tenderloin is especially thick, you may need to add a minute or two, but it's better to check the pork and add time, than to overcook it.
3. Let the pork rest for 5 minutes. In the meantime, toss the apple wedges with the butter and brown sugar and air-fry at 400°F for 8 minutes, shaking the frying basket intermittently a couple of times

during the cooking process so the apples cook and brown uniformly.

4. Slice the pork on the bias. Serve with the fried apples scattered on top and a few sprigs of rosemary as garnish.

Pork Schnitzel with Dill Sauce

Yield: 4 to 6 Servings

Temperature Setting: 400°F

Cooking Time: 24 minutes

Ingredients:

- ½ cup flour
- ½ cup milk
- 1 teaspoon paprika
- 1½ cups toasted fine breadcrumbs
- 1½ teaspoons salt
- 2 eggs
- 2 tablespoons vegetable or olive oil
- 3 tablespoons butter, melted
- 6 boneless, center cut pork chops (approximately 1½ pounds)
- freshly ground black pepper
- lemon wedges

Dill Sauce:

- ⅓ cup sour cream
- 1 cup chicken stock
- 1½ tablespoons chopped fresh dill
- 1½ tablespoons cornstarch
- salt and pepper

Directions:

1. Trim the surplus fat from the pork chops and pound every chop with a meat mallet between two pieces of plastic wrap until they are ½-inch thick.
2. Prepare a dredging station. Mix the flour, salt, and black pepper in a shallow dish. Whisk the eggs and milk together in a second shallow dish. Lastly, mix the breadcrumbs and paprika in a third shallow dish.

3. Immerse every flattened pork chop in the flour. Shake off the surplus flour and dip every chop into the egg mixture. Lastly dip them into the breadcrumbs and press the breadcrumbs onto the meat firmly. Put every finished chop on a baking sheet until they are all coated.
4. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
5. Mix the melted butter and the oil in a small container and slightly brush both sides of the coated pork chops. Do not brush the chops too heavily or the breading will not be as crispy.
6. Air-fry one schnitzel at a time for 4 minutes, turning it over halfway through the cooking time. Hold the cooked schnitzels warm on a baking pan in a 170°F oven while you finish air-frying the rest.
7. As the schnitzels cook., whisk the chicken stock and cornstarch together in a small saucepan on moderate-high heat on the stovetop. Bring the mixture to a boil and simmer for 2 minutes. Remove the saucepan from heat and whisk in the sour cream. Put in the chopped fresh dill and sprinkle with salt and pepper.
8. Move the pork schnitzel to a platter and serve with dill sauce and lemon wedges. For a traditional meal, serve this along side some egg noodles, spätzle or German potato salad.

Rack of Lamb with Pistachio Crust

Yield: 2 Servings

Temperature Setting: 380°F

Cooking Time: 19 minutes

Ingredients:

- ½ cup finely chopped pistachios
- 1 rack of lamb, bones trimmed of fat and frenched
- 1 tablespoon Dijon mustard
- 1 tablespoon olive oil
- 1 teaspoon chopped fresh rosemary
- 2 teaspoons chopped fresh oregano
- 3 tablespoons panko breadcrumbs
- salt and freshly ground black pepper

Directions:

1. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 380°F.
2. Mix the pistachios, breadcrumbs, rosemary, oregano, salt and pepper in a small container. (This is a good job for your food processor if you have one.) Drizzle in the olive oil and stir to combine.
3. Sprinkle the rack of lamb with salt and pepper on all sides and move it to the air fryer basket with the fat side facing up. Air-fry the lamb for 12 minutes. Remove the lamb from the air fryer and brush the fat side of the lamb rack with the Dijon mustard. Coat the rack with the pistachio mixture, pressing the breadcrumbs onto the lamb using your hands and rolling the bottom of the rack in any of the crumbs that fall off.
4. Return the rack of lamb to the air fryer and air-fry for an additional 3 to 7 minutes or until an instant read thermometer reads 140°F for medium. Put in or subtract a couple of minutes for lamb that is more or less well cooked. (Your time will vary depending on how big the rack of lamb is.)

5. Let the lamb rest for no less than 5 minutes. Then, slice into chops and serve.

Spicy Hoisin BBQ Pork Chops

Yield: 2 to 3 Servings

Temperature Setting: 400°F

Cooking Time: 12 minutes

Ingredients:

- ¼ cup honey
- 1 tablespoon soy sauce
- 1 to 2 teaspoons Sriracha sauce, to taste
- 1½ teaspoons grated fresh ginger
- 2 tablespoons brown sugar
- 2 to 3 bone-in center cut pork chops, 1-inch thick (approximately 1¼ pounds)
- 3 tablespoons hoisin sauce
- 3 tablespoons rice vinegar
- chopped scallions, for garnish

Directions:

1. Mix the hoisin sauce, honey, soy sauce, rice vinegar, brown sugar, ginger, and Sriracha sauce in a small saucepan. Whisk the ingredients together and bring the mixture to a boil over moderate-high heat on the stovetop. Reduce the heat and simmer the sauce until it has reduced in volume and thickened slightly – approximately 10 minutes.
2. To Pre-heat your air-fryer, turn it on while empty for 2 minutes with the temperature set to 400°F.
3. Put the pork chops into the air fryer basket and pour half the hoisin BBQ sauce on top. Fry with air for 6 minutes. Then, flip the chops over, pour the left over hoisin BBQ sauce on top and air-fry for 5 to 6 more minutes, depending on the thickness of the pork chops. The internal temperature of the pork chops should be 155°F when tested with an instant read thermometer.
4. Let the pork chops rest for 5 minutes before serving. You can spoon a little of the sauce from the bottom drawer of the air fryer

on top if you wish. Sprinkle with chopped scallions and serve.

Endnote

Thank you for investing your valuable time in my book. If you liked this book and would like to check out other books in this series, feel free to search amazon for “Fry It with Air!”

A review on amazon is also greatly appreciated, so I can improve upon this book, and my future work too.

Thanking you,

Marissa Marie